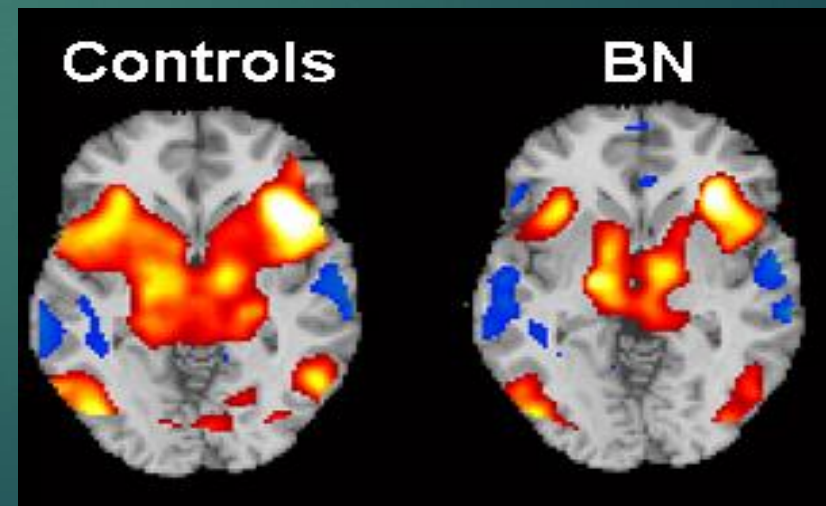


The Causes and Effects of Bulimia, Anorexia, and Compulsive Overeating on the Human Body and Mind

BY JAMES THORNTON III

Bulimia Nervosa

- ▶ Bulimia Nervosa is an illness that is recognized as eating and throwing up slowly.
- ▶ Occurs when the individual is still awake.
- ▶ Caused by family issues, identity, cultural norms, and physical appearance (etc.)



Anorexia Nervosa

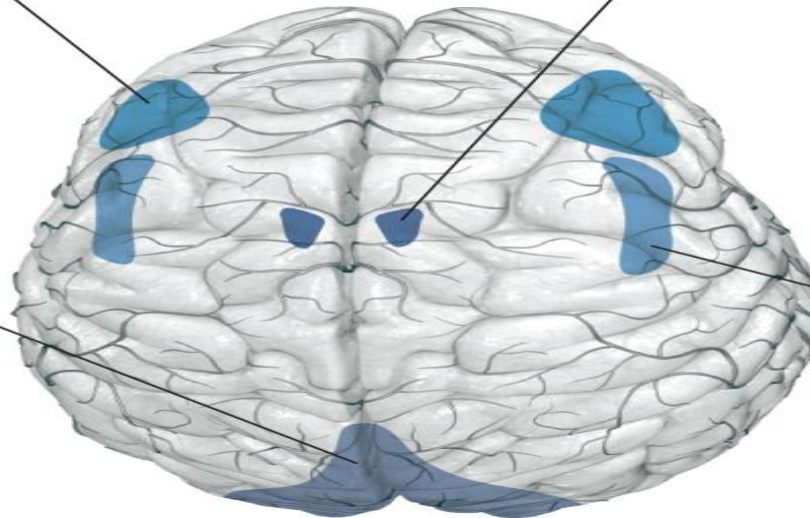
- ▶ Anorexia Nervosa is an eating disorder which to involuntary vomiting.
- ▶ Occurs in mostly in adolescent females.
- ▶ Caused by how you view your body image.

Dorsolateral prefrontal cortex

A self-control center of the brain. The DLPFC acts like a brake system to curb impulsive behaviors. In anorexics, the DLPFC may work overtime to keep people from giving in to the temptation to eat.

Visual cortex

Processes visual information. Compared with healthy people, the visual cortices of anorexics may be more active when thinking about eating food or performing cognitive tasks.



Ventral striatum

Part of the brain's reward circuitry. The ventral striata of anorexics may be hypersensitive to flavors healthy people find pleasurable, such as sugar. This oversensitivity could affect patients' enjoyment of food.

Insula

Involved in self-awareness of body states, such as pain and hunger. The insula is the first brain region to register the taste of sweets. In anorexics, the insula may not correctly detect sweets and other signals.

Effects of Anorexia and Bulimia

How Anorexia and Bulimia affect your whole body

Anorexia

Brain and Nerves: can't think right, fear of gaining weight, sad, moody, bad memory, fainting

Hair: dry brittle hair

Heart: low blood pressure, slow heart rate, fluttering of the heart (palpitations) heart failure

Blood: anemia and other blood problems

Muscles and Bones: weak muscles, swollen joints, fractures, osteoporosis

Kidney: kidney stones, kidney failure

Body fluids: low potassium, magnesium, and sodium

Hormones: menstrual period loss, bones loss, growth retardation, trouble getting pregnant

Skin: bruise easily, dry skin, growth of fine hair over body, get cold easily, yellow skin, nails get brittle



Bulimia

Brain: depression, fear of gaining weight, anxiety, dizziness, embarrassment, low self-esteem

Cheeks: swelling, soreness

Mouth: cavities, tooth enamel erosion, gum disease, teeth sensitive to hot and cold foods

Heart: irregular heart beats

Throat & Esophagus: sore, irritated, can tear and rupture, blood in vomit

Muscles: fatigue

Stomach: ulcers, pain, can rupture, delayed emptying

Skin: abrasion of knuckles, dry skin



Compulsive Overeating



Effects of Compulsive Overeating

- ▶ The effects of compulsive overeating can lead to...
- ▶ Depression
- ▶ Nervousness
- ▶ Morbid Obesity
- ▶ Feel socially inferior
- ▶ Cardiovascular diseases
- ▶ Gastrointestinal Difficulties

Conclusion Q&A

Multiple Choice

▶ What is the percentage of college students struggle with Bulimia Nervosa?

(a.) 20% (b.) 40% (c.) 50% (d.) 90% (e.) 10%

Multiple Choice

- ▶ What are the chances of a man being afflicted with anorexia nervosa?
 - (a.) 1 out of 10
 - (b.) 8 out of 10
 - (c.) 2 out of 10

Multiple Choice

- ▶ What did they call eating disorders back in the 20th century?
 - (a.) Eating Disorders
 - (b.) Fasting Disease
 - (c.) Wasting Disease
 - (d.) Starving Disorder
 - (e.) All of the above

Sources Cited

- ▶ Kate Taylor, (2008). *GOING HUNGRY*, New York, N.Y. Random House. Inc.
- ▶ Cynthia M. Bulik Ph.D, (2013). *MIDLIFE EATING DISORDERS*, New York, N.Y. Walker Publishing Company.
- ▶ Ira M. Sacker M.D. (2007). *REGAINING YOUR SELF*, New York, N.Y. Hyperion Publishing Company.
- ▶ Zuckerman Mind Brain Behavior Institute. “Key differences in brain activity in people with anorexia nervosa revealed by study” Findings open up new avenues for future treatment. Science Daily, 12 October 2015.
<https://www.sciencedaily.com/release/2015/10/151012115654.htm>

Sources of Images

- ▶ <http://eatthehealthyq8.com/wp-content/uploads/2013/01/bulimia-anoraxia2.jpg>
- ▶ http://www.nimh.nih.gov/images/news-items/marsh_nimh_brain_38655_1.jpg
- ▶ <http://www.weightlossia.com/wp-content/uploads/2011/10/compulsive-eating.jpg>
- ▶ <https://www.sciencenews.org/sites/default/files/17997>