



BENEFITS DEPARTMENT NEWSLETTER

2011

EATING DISORDERS: BEHIND THE SCENE

"THERE IS NO ONE SET OF INDIVIDUALS THAT CAN BE DIAGNOSED WITH ANY EATING DISORDER. WE ARE ALL AT RISK."

Eating Disorder Resources:

- National Eating Disorders Association
<http://www.nationaleatingdisorders.org>
(800) 931-2237
- Anorexia Nervosa and Related Eating Disorders, Inc.
<http://www.anred.com>
- Eating Disorder Referral and Information Center
<http://www.edreferral.com>
- National Association of Anorexia Nervosa and Associated Disorders
<http://www.anad.org>
- Something-Fishy
<http://www.something-fishy.org>
<http://www.eating-disorders.net>

"Look how thin and beautiful she is!" A common sentence that is consistently articulated not just in the United States but around the globe as well. Can we say OR is it safe to say that thin is in and thinner is better-aesthetically speaking of course? The concern about ones appearance is NOT being overestimated, in fact Eating Disorders are plaguing our nation. Having an Eating Disorder is much more than just being on a diet. Eating disorders are complex, long-term illnesses largely misunderstood and misdiagnosed. The most common ones -- **anorexia nervosa**, and **bulimia nervosa** -- are on the rise, both in the United States and worldwide. No one knows exactly what causes eating disorders, however all socioeconomics, ethnic and cultural groups are at risk. According to the National Eating Disorder Association statistics show there are well over 10 million American women between the ages of 12-25 who

suffer from eating disorders. However, increasing numbers of older women and men are



dealing with these illnesses. An additional estimated 10-15% of people with an Eating Disorder are males. Many clinicians believe that this figure is underreported because many men are ashamed to admit that they may be suffering from something thought to affect only women.. Since eating disorders are long-term illnesses, overcoming them may require long-

term treatment. They frequently occur with other mental disorders, such as **depression**, substance abuse, and **anxiety disorders**. The earlier an eating disorder is diagnosed and treated, the better the chances of a full recovery.

"Who invented size zero? Who was it that promised that if you got to a certain point you would no longer be?"

- David Levithan



UNDERSTANDING ANOREXIA & BULIMIA

Anorexia Nervosa:

- ✓ Self-starvation
- ✓ Refusal to maintain a minimum normal body weight.
- ✓ Sufferers see themselves overweight; though they are dangerously thin.
- ✓ Condition may lead them to become emaciated; in severe cases can be life-threatening.

Bulimia Nervosa:

- ✓ Uncontrolled eating followed by inappropriate ways of trying to rid the body of food before it is digested.
- ✓ Misuse of laxatives and/or diet pills.
- ✓ Excessive exercise or fasting.
- ✓ Binge and purge in secret; therefore, maintain normal or above normal body weight.
- ✓ Self-induced vomiting
- ✓ Denial



Chat Topic of the Month

***BREAKING THE CYCLE
OF CODEPENDENCY***

Taking a self-assessment of your personal codependency tendencies

Discussing the definition of codependency

Learning what causes codependency and how it is characterized

Discovering how boundaries and fear of abandonment relate to codependency

Finding out how to break free from the cycle of codependency

Chats are held from

12:15 PM to 12:45 PM

&

6:00 PM to 6:30 PM

Visit the website:

www.deeroaks.com

ID & Password

are the same:

COMCA

ARE YOU DEVELOPING AN EATING DISORDER?

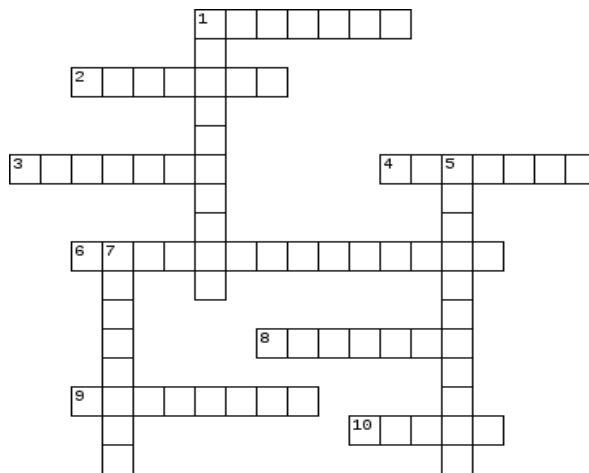
DISORDERS & FAMILY

Many people blame a person's family environment for the onset of an eating disorder. It is true that the family plays a very important role in the physical and psychological development of a child. Values that have been emphasized in the family, affect how a person learns to think of themselves. Eating disorder treatment at an eating disorder treatment center can be very helpful in improving overall well-being and self-esteem in a person.

No family sets out to build an atmosphere that encourages eating disorders; however, some families may provide this type of atmosphere more than others. Even among a family in which healthy eating is encouraged, eating disorders still take place. Families that follow strict eating rituals, rarely eat together, or constantly eat out, provide some of the unhealthiest environments to grow up in.

Parents that demonstrate poor coping methods or hinder their children from expressing their emotions may indirectly contribute to the onset of an eating disorder. Also, mothers who complain about their own weight or appearance or who criticize the looks of other people set a poor example of a healthy body image to their children, especially young girls.

While it is true that a person's family and the atmosphere in which they live influences them a great deal, it certainly is not the only factor contributing to an eating disorder among a family member. Therapy offered at eating disorder treatment clinics addresses the underlying causes of a person's eating disorder and helps them to sort out various stresses in life.



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Across Clues

1. over eating leads to
2. The state of being full
3. Binge eating and purging
4. Under eating
6. group of disorders; weird eating pattern
8. your _____ contracts when you are hungry
9. _____ and eating correctly is the correct way to stay fit
10. what bulimics do after eating

Down Clues

1. also called compulsive eating disorder
5. excessive eating
7. disorder; life threatening, dramatic weight loss

MARK THE DATES!

August 29, 2011 - September 23, 2011

Annual Benefits Open Enrollment

SEE BENEFITS CALENDAR ON INTRANET FOR YOUR TIME AND LOCATIONS

No changes can be made after September 23rd unless a qualifying event occurs (marriage, death, birth, adoption, military leave, etc.)

