

## MYTHS ABOUT EATING DISORDERS

- Anorexia is dieting gone bad.
  - Anorexia has nothing to do with dieting. It is a life-threatening medical/psychiatric disorder.
- A person cannot die from Bulimia.
  - While the mortality rate for people suffering from bulimia is much lower, than those suffering from anorexia, a person suffering from bulimia can be at a high risk for serious health problems and death as well. Purging, excessive exercise and laxative use puts a great amount of stress on the internal organs and especially the heart, along with electrolyte imbalance that occurs when vomiting, which directly affects the heart.
- A person with anorexia never eats at all.
  - Most anorexics do eat; however they eat specific foods that they feel will not put weight on them. Total cessation of all food intake is rare and would result in death from malnutrition in a matter of weeks.
- Purging will help you lose weight.
  - Purging does not result in ridding the body of ingested food. Half of what is consumed during a binge typically remains in the body after self-induced vomiting. Laxatives result in weight loss through fluids/water and the weight loss is temporary. For these reasons, many people with bulimia are average or above-average weight.
- You can't suffer from more than one eating disorder.
  - About half of anorexics become bulimic, which is why families can have a false sense of security when they see weight gain. It is really just trading one disorder for another. Going back and forth between disorders is called Bulimarexia.