Disordered eating falls on a spectrum and can include occasional bouts of unhealthy dieting to extreme patterns of excessive food restriction, binging and/or purging. Eating disorders are a persistent pattern which can put one’s medical and physical well-being at risk and interfere with the ability to engage in daily responsibilities. Disordered eating can be accompanied by body image distortions which interfere with the ability to view one’s body realistically.

**Early intervention is key to recovering from an eating disorder!**

**Facts about disordered eating:**

Eating disorders do not discriminate and persons of any age, ethnicity, gender, and class can be affected.

- 4 in 10 Americans have either suffered or have known someone who has suffered from an eating disorder.
- The risk of developing an eating disorder is 50-80% determined by genetics.
- 1 in 4 individuals with eating disorders are male.
- 9 percent of American women will suffer from anorexia in their lifetime.
Effective treatment for eating disorders typically involves a team approach including individual therapy, nutritional counseling, and medical monitoring by a physician. If eating disorders surface during childhood and in the teen years, family therapy may also be indicated.

**Medication**

Doctors also may prescribe medication to help treat some symptoms of an eating disorders, or if an individual is also experiencing depression and/or anxiety. Any decision regarding the use of medication should be made with your doctor. Talk with your doctor about the best treatment for you.

**RESOURCES**

**National Eating Disorders Association**: [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

**The Alliance for Eating Disorders Awareness**: [www.allianceforeatingdisorders.com](http://www.allianceforeatingdisorders.com)

**National Suicide Prevention Lifeline**, available 24 hours everyday: 1-800-273-8255

**National Alliance on Mental Illness**: [www.nami.org/Learn-More/Mental-Health-Conditions/Eating-Disorders](http://www.nami.org/Learn-More/Mental-Health-Conditions/Eating-Disorders)