

UNIDAD EDUCATIVA PARTICULAR JAVIER

MONOGRAPH

**“Prevention of eating disorders through good nutrition: Bulimia, anorexia and
compulsive eating”**

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Gratitude

I would like to express my deepest gratitude to all the people who gave me the opportunity to complete the monograph. A special thanks to my tutor Mr. Orlando Rodriguez, since he helped me in everything at the time of making the monograph, I also want to thank my parents for the unconditional trust they placed in me during all this time and also for God to guide me through the best way to be able to improve myself as a person.

Summary

Eating disorders are divided into three: Anorexia, Bulimia and Compulsive Eating. These are types of diseases usually caused by psychological problems to have a low self-esteem and in many cases also receive discrimination or offenses from other people to see that someone has a problem in terms of weight.

These types of diseases must be treated with time so that you can see a much faster and complete recovery, because if you let this transcend can cause several problems and can even lead to death by poor diet that the person is carrying , even more if you do some exercise during the day because that's when you need to be well fed and with the necessary calories to be able to eliminate them without having any problems in our organisms.

It's important to keep in mind that someone feels that they are not happy with their current weight and want to lose it, they should consult with specialists so that they can be well advised on the subject and do thing correctly, so that there will be no consequences to your health since it is a very dangerous risk.

It should also be taken into account that if immediate help is not acquired at the time of having one of these problems, the improvement of that person may not be fast, which could cause the person to feel tempted to relapse and in some cases there have been cases in which there are no improvements and you will have to live in clinics since your health will not be good.

To finish we must know how important it is to be informed about this issue, since it can avoid many problems that can be generated in our body because a bad diet and at the same a bad physical condition due to the lack of energy in our body.

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Introduction

The following monograph is an extensive research on eating disorders, which not only aims to help people prevent these types of problems so they can have fewer cases like these on a daily basis and can better take care of their health, but also to help people who already suffer from these problems so that they can fight it, since it is very common in people and is generally seen in adolescents, according to the investigations of every 10 cases, 9 are women and 1 is man.

The most common eating disorders are bulimia, anorexia and compulsive eating.

It is very important to know how to fight and prevent these cases, since they affect your health and cause you several problems, at the same time they have many consequences of which some are very serious and at the same time a little complicated to combat it.

The problems that eating disorders can cause not only affect your health, but also affect you psychologically as people begin to become obsessed with weight and begin to fall in these cases.

Many times when people start obsessing with their weight they believe that by not eating or eating badly they will be better physically when it is not, since poor nutrition does not allow you to be well during the day, it can cause different types of discomforts like pains of head, sleep, dizziness ... etc.

The monograph will have 4 chapters that will explain this topic better, the first chapter deals with the history of eating disorders, including causes and consequences, the second deals with bulimia, it tells us how it was generated, why it is caused, what should we do to prevent it, what are its symptoms and how we can avoid falling into this, the third deals with anorexia, as the second chapter tells us how it was generated, why it is caused, what we should do to prevent it, what are its causes. symptoms and how we can avoid it, and the fourth chapter tells us about compulsive eating, why people start eating too much and how we can control this, and in this last chapter we will find the results of an interview with different specialists, those who spoke a little more on the subject to be able to understand better and at the same time be able to do more things that help us to take better care of our health and also be able to advise other people.

Chapter I

Eating disorders

1.1 What are eating disorders?

Eating disorders are the effect of great concerns regarding weight and food that occur in men and women, women being more likely to fall into this, because women are usually more aware of their bodies and repeatedly it affects the person psychologically since these are emotional problems. On the other hand, men are also affected but it is not very common in them.

The ages in which these types of problems are most seen are among adolescents between 12 and 18 years old. By not having a good diet our body begins to look for a solution to have energy in order to carry out daily activities. By not obtaining the energy that is produced from food, the body needs to decrease most or all of its processes in order to be able to conserve the necessary energy. These problems should be immediately treated with professional help both nutritional and psychological as this will help increase the possibility of the person recovery as quickly as possible.

However, eating disorders can occur in both men and women, Young and old, rich and poor, and from all cultural backgrounds on a global level. While estimates of the incidence of eating disorders vary between countries and have increased worldwide over the last 30 years.

National Eating Disorders Collaboration (2017)

1.2 Causes of eating disorders

The disorders are developed and caused by anxiety, depression, feeling alone or having a personal problem. When someone starts having these problems they are very likely to start having a bad diet causing bulimia, anorexia or compulsive eating which can have deadly consequences. When people start to feel bad about themselves they want to do diet and little by little they stop eating or they eat but at the end of eating they vomit so as not to get fat, making their metabolism worse and at the same time they are causing damage to their health, also when a person begins to have anxiety and eats every now and then.

This is also called an eating disorder because it is making the person eat more than they should and generally that is not exactly healthy food and this can also affect their health. Another thing that makes a person fall into these problems are the jokes that are usually made to a person because of being overweight, this affects the person psychologically and over time loses control of their diet. That's why it's important that these problems are treated in time so that they can improve their lifestyle.

1.3 Consequences of eating disorders

The consequences that are generated from these problems are that the growth of a thin layer of hair begins on the whole body and the face to be able to conserve the heat of the body, the hair and the skin begin to dry up and the hair falls more than normal, the dehydration that causes kidney problems, you have muscle weakness when losing the muscle,

you start to feel very tired, fatigue and on many occasions you have feelings that you will lose consciousness, also your heart rate lowers with blood pressure causing them to weaken .

Other consequences are also that the blood pressure can be high and vomiting produces a gastric rupture and possibly in the esophagus and inflammations in the stomach, the contact that stomach acids have with the teeth produce cavities, it also produces other types of problems such as pancreatitis, peptic ulcers, high cholesterol levels, diabetes mellitus types II, and diseases such as gallbladder, among other diseases that can be very serious and difficult to cure or control.

Chapter II

Bulimia

2.1 What is bulimia?

Bulimia is a disorder in which the person begins to eat compulsively and then, feeling bad or guilty about this, and they go to vomits. This disorder is usually seen in women, of every 10 cases, 9 are women and 1 is man. If it isn't treated in time it can have very serious problems that can lead you to death since your body doesn't get what it needs.

The literature in the field often gives conflicting impressions as to the cause of this behavior and how it can best be treated. One group of authors tells us that bulimia is mostly caused by biologically based depression, probably genetically inherited, and that psychoactive drugs are the best treatment. Another group of writers defends the position that bulimia is a behavioral problem and that behavior modification will work best in curing it. (Anderson, 1986, p.7)

2.2 History of bulimia

Bulimia means "hunger for ox" and comes from the Greek words "bus" which means "ox" and "limos" which means "hunger". At the beginning of the 19th century, doctors described bulimia in their dictionary as the presence of a strong appetite that made you want to vomit. In the decade of the '70s, bulimia emerged as a social epidemic and today people suffering food pathology have a higher incidence in bulimia, 75% of cases are bulimia nervosa.

Manja M. Engel and Anouk Keizer, Body representation disturbances in visual perception and affordance perception persist in eating disorder patients after completing treatment, *Scientific Reports*, 7, 1, (2017).

2.3 Phases of bulimia

Monika Stojek, Lisa M. Shank, Anna Vannucci, Diana M. Bongiorno, Eric E. Nelson, Andrew J. Waters, Scott G. Engel, Kerri N. Boutelle, Daniel S. Pine, Jack A. Yanovski and Marian Tanofsky-Kraff, A systematic review of attentional biases in disorders involving binge eating, *Appetite*, 123,(367), (2018).

2.3.1 Binge.

This phase is very common in all types of bulimia. It's called binge eating when the person eats too much and ingests fluids in order to satisfy an impulse in an uncontrolled manner. Binge eating can lead to obesity, so those who fall for this tend to prefer vomiting.

2.3.2 Purge and compensatory rituals.

This phase is what appears after the binge because that's when you begin to feel guilt for everything you have eaten. Two ways are used to induce vomiting: first they can use laxatives and second they can put their fingers in their mouths to vomit.

2.3.3 Alertness.

After these two phases people begin to feel discomfort or enter a state of "vigilance", this leads to people returning the food they have eaten to chew again.

2.4 Types of bulimia

Yikang Zhu, Xiaochen Hu, Jijun Wang, Jue Chen, Qian Guo, Chunbo Li and Paul Enck, Processing of Food, Body and Emotional Stimuli in Anorexia Nervosa: A Systematic Review and Meta-analysis of Functional Magnetic Resonance Imaging Studies, *European Eating Disorders Review*, 20, 6, (439-450), (2012).

2.4.1 Purgative.

Is characterized because it's done in private but doesn't have an advance planning, this leads to want to vomit so you can return to the situation in which they were before having a robbery. Vomiting can be harmful because the acid that's in the stomach causes the enamel we have on our teeth to wear out.

2.4.2 Not purgative.

Another characteristic is that they can go to laxatives or diuretics, which also has its risks in terms of the health of the person.

2.5 Prevention of bulimia

2.5.1 Psychological.

In order to prevent bulimia it's important that you do the following:

First, that you can accept your body as it is, because its logical that there are parts of your body that aren't to your liking and you want to change them but you should always look for and see the best option to change it taking into account that doesn't affect your health. Second, don't compare yourself with other people since nobody has the same physical and you can never be the same to the other person.

Third, don't be ashamed of being yourself because many times showing your way of being to other people makes them accept you regardless of your physical.

And fourth, if you want to start a diet to improve your body and at the same time exercise, you can do so as long as the diet is authorized by a professional nutritionist and it's always good to consult a coach so that you can give a good routine of daily exercises so as not to exceed any of the two things and not fall into this disorder.

Finally it's always good that people are aware of the behavior of others to avoid this type of case.

The specific psychopathology of anorexia nervosa and bulimia nervosa is complex in form. Although for many purposes self-report questionnaires are a satisfactory measure of this psychopathology, for detailed psychopathological studies and for investigations into the effects of treatment, more sensitive and flexible assessment measures are required. For this reason a semi-structured interview was developed. This interview, the Eating Disorder Examination, is designed to assess the full range of the specific psychopathology of eating disorders, including these patients' extreme concerns about their shape and weight. (Wiley Online Library, 1987)

2.5.2 Nutritional.

To be able to receive a good nutritional help it's necessary that you go to a nutritionist so that she can help you get through this in the best way.

Once there, she will send you several healthy food options, where you can choose to eat the necessary times in the day and at the same time consuming the calories that you should, in the appropriate portions.

Amy Brown, Jessica McClelland, Elena Boysen, Victoria Mountford, Danielle Glennon and Ulrike Schmidt, The FREED Project (first episode and rapid early intervention in eating disorders): service model, feasibility and acceptability, *Early Intervention in Psychiatry*, 12, 2, (250-257), (2016).

Chapter III

Anorexia

3.1 What is anorexia?

Anorexia is also an eating disorder such as bulimia, which is related to weight. The difference with bulimia is that the person instead of eating and then vomiting, starts to refuse food for fear of getting fat. An anorexic person may feel too weak because they don't have enough nutrients to be well during the day, in more serious cases malnutrition and hunger may develop.

To systematically review and meta-analyze oxidative stress and antioxidant markers in anorexia nervosa (AN). Electronic PubMed search from database inception until 12/31/2013. Out of 1062 hits, 29 studies comparing oxidative stress/antioxidant markers between patients with AN and healthy controls (HCs) with a total of 1,729 participants (AN = 895, HCs = 834) were eligible. Data about oxidative stress and antioxidant markers, independent of their source, were extracted. We calculated random effects standardized mean differences (SMDs) as effect size measures for outcomes reported in ≥ 5 studies; others were summarized descriptively. The International Journal of Eating Disorders [27 Aug 2015, 48(7):826-841]

3.2 History of anorexia

In Hellenistic times, they had a spiritual belief, which they called "holy anorexia" in which if women stopped eating so that their body would be mortified they could have a marriage with Christ.

In 1860 it was the first time that anorexia was described as an eating disorder with a predominance of women. In 1870, in Paris it was identified as "hysterical anorexia" and in London as "anorexia nervosa". William Withey Gull was the first to use this term in a conference, where he described it as a psychological illness. Before the anorexia wasn't as common as now, so we looked for several ways to treat it and at the same time avoid it, now anorexia has treatments to combat it, symptoms have also been detected to avoid having more cases like these.

Disordered eating and pathogenic weight control behaviours seem to be present in athletes across a wide range of sports, and not just in the aesthetic and weight division sports. Many athletes, however, remain in the disordered eating closet for a variety of reasons. Probably one of the top motivators for staying in that closet is shame. J. Dosil, (Eating Disorders in Athletes, pg 9)

3.3 Types of anorexia

3.3.1 Nervous restrictive.

This type of anorexia is that patients do not resort to binge eating or subsequent purges because they achieve a very low weight by means of very strict diets and prolonged fasting and at the same time they exercise a lot. What makes your body get tired more than it

should because the poor diet does not have enough energy that the body needs to burn fat and lose weight in a proper way.

3.3.2 Purgative.

On the other hand, in this type of anorexia, patients resort to having binge-eating and prolonged purges, although in some cases patients do not resort to binge eating. People suffering from this type of anorexia nervosa can have addictions as in alcohol, drugs ... etc. and at the same time tend to have emotional variations very often because they no longer have control of their own impulses.

3.4 Prevention of anorexia

3.4.1 Psychological.

In order to prevent this disorder, it is necessary to teach children since they are small that they should not obsess over their weight and at the same time teach them how to feed in order to be well nourished and thus have enough energy for the day.

One of the fundamental ways to help children do not fall into this as they grow is to have a space for them and be together as a family, especially at the time of the meal so they can ensure that they are feeding correctly. By sharing these little moments together as a family, the trust between them increases and so, if at some point one of them starts to feel bad about himself, others can seek help immediately.

3.4.2 Nutritional.

To be able to prevent in a nutritional way it is essential that you know well what foods should be eaten and in what quantities, likewise every few hours you should eat so that

your metabolism is good and you do not have problems with digestion. Another of the most important things you must do to prevent this disorder is that you should not include diet items in your meals, unless the person is a child.

The only way you can include in your meals, foods that are diet is that you have some kind of reasons for your health that force you to take care of this way your food. There are foods that should be eliminated or consumed in small quantities such as sweets and chocolates that have a large amount of sugar since this harms your health due to the excess of sugar.

It is much healthier if you learn to eat things that do not contain a lot of sugar, so that many problems are avoided in the future. It is also much better for people to get used to eating home-made foods and not so much in restaurants because food is usually very well-adjusted and loses its nutrients, which makes them no longer healthy.

Finally it is necessary that you have a schedule for meals, that is, that every day you eat at the same time so that your metabolism can be faster, because eating at odd hours causes your metabolism to stop and have a bad digestion.

Chapter IV

Compulsive eating

4.1 Why do people start to eat compulsively?

Generally people begin to feel the need to eat too much because of psychological problems they are getting from different problems with their friends and family as well as with people they do not know.

These problems make people start to feel bad about themselves and have anxiety. Anxiety does not need to be the same in all people since each person feels anxiety in a different way, in many cases the anxiety is that you feel hungry, but you should not eat at that moment because you have anxiety to eat. It is not the same as being hungry.

If you start eating out of anxiety, that's when the anxiety becomes an eating disorder because you get used to eating every time without being hungry and then even if you want to eat it is hard for you to do it. And to be able to fight these cases it is necessary to have professional help and at the same time have the will to combat it.

4.2 Food control

It is very important that in order to have a good control in food, keep in mind that they must have a professional psychological help since they will have the best advice so that you do not fall into an eating disorder.

In addition to psychological help, people who want and are willing to fight this disorder have to have, at the same time, a self-control to facilitate the process of improvement.

One of the things they can or should do is to identify why they begin to feel this need and try to prevent it from becoming a bad habit, they should also think before going to see something to eat if what they feel is really hungry or it is simply gluttony. If what you feel is gluttony you should not eat because it will start to become a habit and you can not have your self-control food, finally you can also drink water since that helps you not feel hungry at all times and so you do not have to eat or to think that you need food, but to distract yourself doing other things like homework, studying, exercising, etc ... so that you are not waiting for food all day and this can be fought in a correct way.

4.3 Conclusion of the interview and surveys

According to the people surveyed about eating disorders, it can be concluded that the ages most likely to fall into these problems are between 15 - 17 years and 21 - 23 years and that it also occurs frequently in women.

Most people know what an eating disorder is but at the same time they do not know how to avoid it, this is why it is necessary for specialists in this topic to try to get their information to others, it also shows that in these cases It influences a lot the family problems

that the person has since it harms you emotionally and they start looking for an outlet by other means.

Having these diseases causes you many problems and brings you consequences such as death could be but it can also be cured if it is treated on time and with the appropriate methods.

Conclusions

At the end of this monographic work it is concluded that having some type of eating disorder is quite dangerous for a person since this can be carried to death, to be able to avoid this type of cases it is important that people, especially women among the 15 - 23 years, keep in mind that they must have a good diet and, in case of not being satisfied with their weight, they should consult a nutritionist so that they can advise on how they should improve their diet and with a coach so that they can help in the physical part.

It should also be taken into account that if someone knows about someone who has or could have some type of disorder, they should help him as quickly as possible so that this disease does not progress and so he can get out faster and easier, and be able to get well. completely because if this progresses, the recovery process will be much more complicated.

On the other hand people should realize that treating someone badly, either physically or emotionally can cause a discouragement and this also causes a disturbance because feeling bad for believing that they are less than others for the things they say they begin to want to change the wrong way and often lose their appetite or increase it to the point of being able to stop eating at any time.

Recommendations

At the end of this work it is recommended that

- Do not make others feel bad for their weight because it can lower their self-esteem
- They help when they see that someone is with these problems or that they are prone to fall.
- People who are victims of verbal abuse for their weight, do everything to improve but in the right way and not stop eating or having anxieties.
- The people who fell into these diseases put on their side that they can have a good recovery and can continue with their lives normally.

References

<https://www.nedc.com.au/eating-disorders/eating-disorders-explained/something/whats-an-eating-disorder/studies>, there is agreement that eating disorders, [disordered eating](#) and [body image](#) issues.

