

## What is an Eating Disorder?

-Eating disorders such as anorexia, bulimia and night eating include extreme emotions, attitudes and behaviors surrounding weight and food issues. Eating disorders are serious emotional and physical problems that can have life-threatening consequences for both females and males.

## A Few Types of Eating Disorders

**-Anorexia Nervosa:** This is an eating disorder determined by low body weight and body image distortion. It is an obsessive fear of weight gain.

**-Bulimia Nervosa:** This eating disorder is determined by eating a lot of food in a short amount of time, also referred to as bingeing. The person then feels shame and tries to undo the binge by purging.

**-Over Exercise:** This is characterized by compulsive exercise. They schedule their life around working out.

**-Night Eating:** Characterized by a lack of appetite in the morning and overeating at night with agitation and insomnia.

**-Orthorexia:** This is a fixation on eating proper foods.

## Signs to Look Out For

- Dramatic weight loss.
- Hair loss.
- Hiding food in strange places to avoid eating or to eat at a later point.
- Pale or gray appearance of skin.
- Obsessions with continuous exercise.
- Obsession with calories and fat content.
- Wearing baggy clothes or many layers to hide body shape.
- Loss of menstrual cycle.
- Low blood pressure.

# Toilet Talk

February 25, 2011

## Our Lips Are Sealed

### Did You Know...

- ...Eating disorders can be contributed to biological or biochemical reasons?
- ...More than 90% of women with eating disorders are among the ages of 12-25?
- ...Eating disorders often occur with other mental disorders such as depression, substance abuse and anxiety disorder?
- ...Eating disorders are the third most common chronic illness among adolescents?
- ...An estimated 10-15% of people with anorexia are males?
- ...Nearly half of all Americans know someone with an eating disorder?
- ...Only 1 in 10 people with an eating disorder receive treatment?
- ...Eating disorders are one of the most common psychological problems facing women in Japan?

### Easy tip on Living Laker Green:

It's just not true that shutting off your work computer at night is too hard on the machine. Make sure you power down and unplug power strips as well. Whenever you are leaving your desk for a while, turn off your monitor. It uses much more energy than your hard drive.

### Answer to Last Week's Question:

5% to 20% of college females and 1% to 7% of college males have eating disorders.

### Question of the Week:

Does the average college student spend more or less money on spring break than a family of four?

### Events of the Week:

- Friday, February 25th: Wear green to support National Eating Disorders Awareness Week!
- Present at the Future Oswego Leaders Conference on April 8, 2011! Top 3 presentations will receive the Outstanding Presentation Award at the Student Involvement Award Ceremony on April 27, 2011. Proposals can be retrieved and submitted to 229 Sheldon Hall or via e-mail at hamann@oswego.edu by **Friday, March 4th at 4:30 p.m.**
- Saturday, March 5th: "Collage Concert." 4pm, Waterman Theatre, tickets are \$5.00 for students at the Tyler box office.

Questions? Comments? Suggestions? Get Involved.  
Give us a call! 312-5648 Or email  
lifestyle@oswego.edu

Toilet Talk Back

Download Toilet Talk online! Visit  
www.oswego.edu/lifestyles and Click on  
the Toilet Talk link.

## Words to whiz by...

"Part of the secret of success in life is to eat what you like and let the food fight it out inside."

-Mark Twain

## Physical Effects of Eating Disorders

- Malnutrition
- Dehydration
- Hyponatremia: not enough sodium in the blood.
- Lanugo: soft downy hair on face, back and arms.
- Edema: swelling of the soft tissues.
- Tearing of Esophagus: caused by self-induced vomiting.
- Gastrointestinal Bleeding: bleeding into the digestive tract.
- Dry Skin and Hair, Brittle Hair and Nails, Hair Loss: caused by vitamin and mineral deficiencies, malnutrition and dehydration.

## Mental/Emotional Effects of Eating Disorders

- Low self esteem
- Depression
- Blaming yourself for everything
- Suicidal thoughts
- Embarrassment to eat in front of others
- Withdrawal from social activities
- Can lead to other disorders such as PTSD, OCD, Multiple Personality Disorder and Panic Disorder.

## How to Help A Friend

- Know the differences between facts and myths about eating disorders.
- Be caring, but firm.
- Compliment your friend's personality.
- Be a good role model.
- Seek help from a professional.

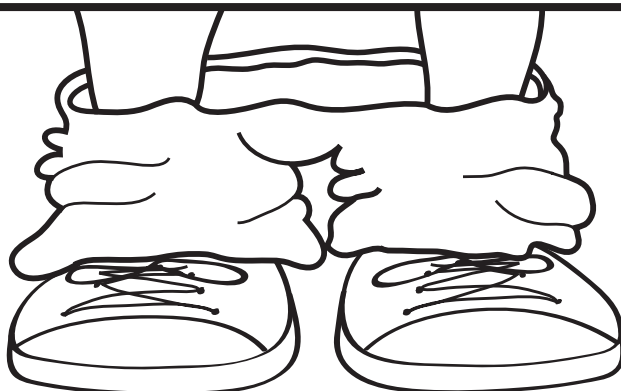
## Resources

-Mary Walker Health Center: x4100, Counseling Services Center: x4416, Centre Syracuse: 671-2202 or  
www.centresyracuse.com

# Lifestyles

AFTER DARK

Karaoke March 4th  
8:00 p.m.-Midnight in  
the Campus Center  
Food Court



# Lifestyles

Walker Health Center  
SUNY Oswego  
(315) 312-5648  
lifestyle@oswego.edu

Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistant Sara D'Addesio, Intern Mary Hankin and Peer Educators Veronica Kelly, Audrey Hinnant, Erin Marulli, Willmary Rose and Tamara Tingman.

Sources available upon request.  
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