**Types of Eating Disorders:**

| **Anorexia Nervosa** | **Bulimia Nervosa** | **Binge Eating Disorder** |
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| * The sufferer is often (but not always) a low weight due to severely limiting their food.
* The sufferer will often refuse to maintain a weight which is considered healthy by professionals.
* There will be a restriction of food intake leading to weight loss or failure to gain weight (for example in adolescents as part of normal expected growth and development).
* It can affect anyone of any age, gender, or background.
* A fear of becoming fat or gaining weight and / or a distorted view of themselves.
* As well as restricting the amount of food they eat, the person may do a lot of exercise to get rid of any food that they do consume.
* Some people who suffer from anorexia may engage in cycles of bingeing and purging.
* Getting the person support as quickly as possible gives the sufferer the best chance for a rapid and sustained recovery
 | * Those who suffer from Bulimia are often caught in a cycle of bingeing and then compensating for food they have consumed by vomiting, taking laxatives, fasting, or exercising excessively.
* It can affect anyone of any age, gender, or background.
* The binge/ purge cycles can dominate the person’s daily life.
* Bulimia can cause serious physical complications. For example, frequent vomiting can cause problems with the teeth, affect their electrolyte levels, and cause burst blood vessels. Laxative misuse can seriously affect the heart and digestive system.
* Sufferers often appear to be a healthy weight, and often find it easy to hide their illness from others.
* Getting the person support as quickly as possible gives the sufferer the best chance for a rapid and sustained recovery.
 | * A person with binge eating disorder can experience a loss of control around food and eat large quantities of food in a short period of time on a regular basis (at least once per week for more than 3 months).
* It can affect anyone of any age, gender, or background.
* (BED) is not about choosing to eat a large amount of food; they are not just “overindulging”. Binges can be very distressing, and the person may find it impossible to stop even though they may want to. Some describe it as a compulsion or addiction.
* The person may feel disconnected from themselves during a binge, and they may struggle to remember exactly what they consumed during the binge.
* Binges may be planned, or they may be more spontaneous.
* The person may experience uncomfortable feelings and / or intense negative emotions such as sadness, anger or loneliness.
* The above can also be triggers for someone with BED.
* Binge eating usually takes place in private, although they may eat regular meals in front of others outside their binges, or they may restrict their food outside of binges and follow strict rules about what they can consume.
* Those with (BED) **DO NOT** regularly partake in self-induced vomiting or excessive exercise behaviours to rid themselves of the food that they consume (beat, undated).
* Getting the person support as quickly as possible gives the sufferer the best chance for a rapid and sustained recovery
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