

CONSEQUENCES OF AN EATING DISORDER

Eating disorders are potentially fatal conditions and if not recognized and treated, can lead to lifelong physical and emotional problems. Anorexic starvers and bulimic binge/purgers can cause irreversible damage to their bodies. Many die each year from complications.

Perhaps one of the most devastating consequences of an eating disorder is the isolation resulting from the secretiveness which surrounds the eating behavior. The guilt, depression, confusion, and misery experienced by those who have these conditions is overwhelming and can lead to agonizing feelings of hopelessness and despair.



What Help is Available?

University Counseling Center (above the Student Health Center). Individual Counseling. (No charge) 686-3227

Student Health Center (on campus)
Peer Health Advisors (No Charge). Make appointment in Health Education Center or call 686-4456.

Dr. Regina McGlothlin, U of O
Staff Psychiatrist, Student Health Center
Make appointment at front desk or call 686-4441 (no Charge)

ANRED (Anorexia Nervosa and Related Eating Disorders) Weekly meetings, Wednesday, 6-7pm on a walk-in basis at 240 E. 15th St., Eugene (\$1.00/session). 344-1144

Barbara Weinstein (Private practice).
Individual and group counseling. 344-7696

Susan Mosley (Private practice)
Individual counseling. 343-8248

Jill Wolfe (Private practice) Individual
counseling-not specific to eating disorders.
345-8818

ANNA IS...

Anna is an attractive, intelligent college student. Anna has always felt that her life would be better if she could look as thin as the fashion models who appear in *Vogue*. Life seems so much easier when you are thin and beautiful - you get attention and men. Ever since junior high Anna has dieted. During her senior year in high school, Anna began to binge on food. Food was a way to cope with the stress in her life that kept coming up - dating, grades, thinking about college. Anna began to binge regularly. She realized that her binges had begun to make her gain weight, and discovered that by purging (vomiting) after bingeing, she could keep her weight down. At first, she would binge and purge about once every other week. By her senior year in college, Anna binged and purged three to four times a day.

Twenty to twenty-five percent of today's college women suffer from an eating disorder. The most common eating disorders are anorexia nervosa and bulimia. Many women have been influenced by the media and society to believe that to be successful is to be thin. For women to gain an ability to self-motivate and to define success for themselves, we must all free ourselves from the opinions of society, and towards a healthier, more rational approach.

Alicia Sloan
Nutrition Peer Health Advisor



OVEREATERS ANONYMOUS

Anyone is welcome to attend these meetings which follow the basic ideas of the Alcoholics Anonymous Program. A group of people get together to exchange their experiences, strengths and hopes on how to cope with compulsive overeating. Participation is not compulsory and there is no charge to attend. For more information call:

Overeaters Anonymous 683-0110