

Anorexia nervosa

Voluntary starvation cripples people

(Continued from Page 1) a patient will view herself as fat or a "little underweight," as one 58 pound 15 year-old girl described herself. This disturbed body image leads the anorexic to fail to recognize her own signs of nutritional need. This can take on delusion proportions. A patient will often draw pictures of herself as quite over-weight, but depict others as normal and in proportion. She will claim to "feel fat" even though emaciated. Weight loss will drop far below 25 percent of the anorexic's original body weight and she will refuse to maintain her body weight above a minimum for good health. These signs, plus lack of any physical illness to account for the loss are the main diagnostic criteria for determining anorexia nervosa.

"Anorexics have deep-seated emotional problems about weight," said Clackamas Community College student health nurse Bonnie Hartley-Linse. "They see a slim, trim body as beautiful and almost worship it. Even when they're slim they don't see themselves

as beautiful. It's the old 'if a little is good, a lot is better' way of thinking."

Because of this thinking anorexics can literally starve themselves to death.

"Patients often claim that they don't 'feel hungry.' This is in part true. As less is eaten over a long period of time the body gets accustomed to less

best way to deal with it is to consult with the family physician first. Some have a very good rapport with young people and if the case is not too serious yet they can often help bring out the problem. If they can't, a clinical psychologist or a psychiatrist who is also an M.D. will have to be consulted."

"There are several warning signs of anorexia that friends and family members can easily recognize. Dramatic weight loss accompanied by lack of eating is one," Hartley-Linse said. "Another is when people excuse themselves from the table after eating and go directly into the bathroom for long periods of time. This could

treatment of anorexia is that parents may unwittingly help the disorder. As the symptoms show up, instead of consulting a qualified physician, they attempt to force their child to eat. The anorexic enjoys the feeling of power she received from being in control of her own body and this intervention may only strengthen her resolve.

For this reason, therapy treatment of anorexia should include the other family members. They must themselves, learn how to deal with the disorder since family problems can often be the catalyst that starts anorexia, even though they seem to have nothing whatsoever to do with weight loss or dieting. Anorexia may just be an expression of a totally different problem.

Becoming more prevalent in a society that glorified slimness, anorexia nervosa is also slowly becoming better understood. It is important for people to be aware of the syndrome should a friend or family member begin a voluntary course that can lead to death by starvation.

A patient will view themselves as fat or a "little overweight," as one 58 pound 15-year-old girl described herself.

food," Hartley-Linse said. "The urge to eat diminishes and the anorexic ends up eating even less. This throws the body's chemistry off balance. Typically in potassium deficiency."

"It can take several years of psychiatric counseling," Hartley-Linse continued. "The

One of the greatest problems with anorexia is that the patient does not recognize her own symptoms and others may not be willing to admit that something is wrong. Often family members will be unwilling to start any kind of conflict and will ignore the problem in the hope that it will go away.

dicates that they're there to throw up. Before the weight loss becomes apparent women will stop having their monthly menstrual flow, due to the chemical imbalance. Soon the body will start look emaciated, with bones projecting through the skin."

Another problem with the

Cresswell gives free legal advice to students

By J. Dana Haynes
Of The Print

On alternate Wednesdays, Clackamas Community College students can receive free legal advice on campus, thanks

to a service provided by the College and Oregon City attorney Joyce Cresswell.

Cresswell sets out her shingle on Trailer A from 10 a.m.-noon twice a month. She

was on campus earlier today and will return on Feb. 9. Cresswell has been helping students here since she passed the bar in 1978.

"I see eight to ten people each time," Cresswell said. "Of that group, three or four a month ask questions I can't answer right away. I do research on those problems and help them here in my office." Her office is in the Promenade Building, 421 High St., Oregon City.

Cresswell does not go to court for the students she sees on campus. The help she provides is mostly advice on self-help divorces, domestic relations counseling, the ins-and-outs of small claims court, and how to find a lawyer for court action.

Cresswell is a native of Pendleton, Oregon, and graduated from the law school at University of Oregon in 1978. In 1977, she became a law clerk for Congressman Hardy Myers, and worked on the House Judiciary Committee.

"I helped draft a constitutional amendment,"

Cresswell said. "It was called the 'Modified Missouri Plan,' and was designed to make judges an appointed position, rather than having them elected. Working on the bill was a lot of fun. Unfortunately, it failed miserably at the polls."

In 1978, she again worked for Myers, who then was Speaker of the House. Cresswell helped write a plan that would make bill assignments more germane, and less controlled by the whims of the Speaker.

"Judiciary law is so fun, because you can see the results of your work immediately," Cresswell said. However, she has no intention of holding office.

"I was useless to him (Myers) politically," she said. "I could write great bills, but I'm not a political person. I hated that side of it."

Cresswell is a very happy with her current arrangement with the College. "The College pays for my time. It's a good contract for a young lawyer,

and it's very good for the students. The service has grown phenomenally," she said.

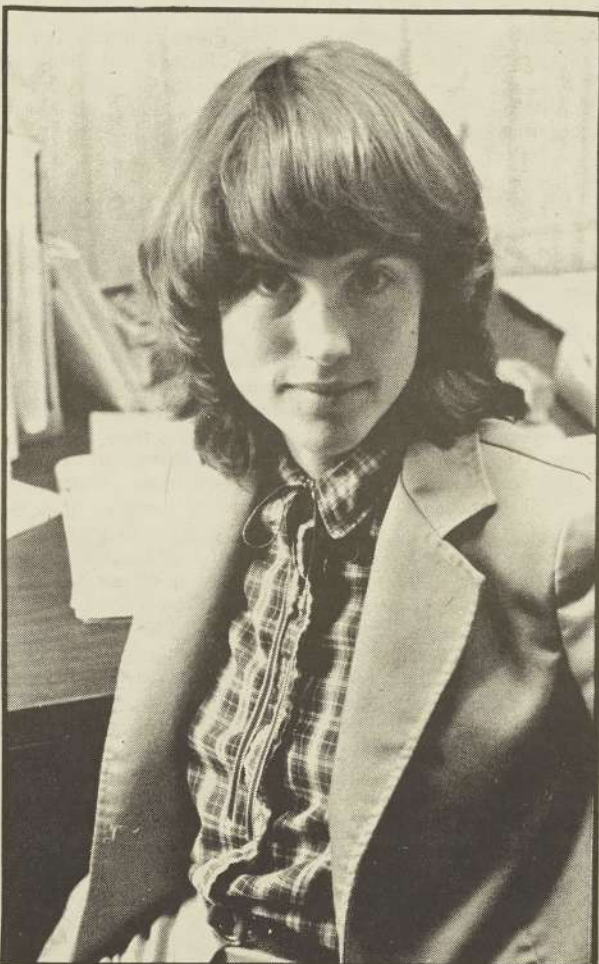
"I like Clackamas County and the College," Cresswell said. "I like the smallness of the county. I know all the judges, and there is a friendly group of lawyers."

Cresswell currently lives in Portland and has considered practicing there. "But it's very tough for a sole practitioner to work in Multnomah," she said.

She also likes the service she performs for the students. "I don't get many flaky questions here. Most of the people I see have legitimate problems," Cresswell said.

"Sometimes, the students already know their answers and they just need someone to confirm their information. And sometimes, the important thing is just having someone to talk to."

Students can see Cresswell by appointment only, by calling 657-8400, ext. 250.



OREGON CITY ATTORNEY Joyce Cresswell offers free legal advice to College Students on alternate Wednesdays.

Staff photo by Rick Obrtschkewitsch

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