Helping others live by keeping Aubrey's Song Alive!

Healthy Body Image

Awareness

Education

Prevention

Treatment

Understanding

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AubreysSong.org

270-852-6514

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Our Mission:

Aubrey's Song Foundation is devoted to continuing Aubrey Michelle Clark's legacy of helping others in need.

We endeavor to raise awareness of the prevalence of eating disorders by increasing understanding, providing education, endorsing treatment and promoting prevention.

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Today's Targets

1. Understand the complexities of eating disorders.
2. Recognize the possible cues of an eating disorder.
3. Understand the health consequences of eating disorders.
4. Learn how to help someone with an eating disorder.

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Learning Target 1

Understand the complexities of eating disorders.

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What Are Eating Disorders ?

- An eating disorder is an unhealthy relationship with food, weight and body image that interferes with many areas of a person's life.
- Their thoughts and behaviors may be so preoccupied with food, weight, body image and/or exercise nothing else matters.
- People with eating disorders use food as an unhealthy way to cope with uncomfortable or painful feelings or events.
- Eating disorders are often done in secret, so social interaction and gatherings may be avoided.

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Types of Eating Disorders

1. Anorexia Nervosa
2. Bulimia Nervosa
3. Over Exercising
4. Binge Eating Disorder

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Anorexia Nervosa

- Not eating or eating very little; excessive concern about weight. Fear of gaining weight.
- Person may severely restrict food, eat only certain foods ("safe" foods), or skip meals.

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Bulimia Nervosa

- A cycle of bingeing (consuming more food than usual) and purging behaviors to get rid of calories.
- Purging could include self-induced vomiting, laxative and diuretic abuse, or over exercising.

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Over Exercising

- Exercising obsessively and compulsively as a way to purge calories; will exercise no matter what.
- Amount of exercise offsets amount of food taken in.
- May feel tremendously guilty or seriously depressed if they cannot exercise.
- Not taking any "rest days" or "recovery days" between workouts which may result in injury.

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Binge Eating Disorder

Three or more of the following behaviors:

- Eats rapidly.
- Eats past the point when comfortably full.
- Eats food when not hungry.
- Eats alone out of embarrassment.
- Eats as a way to deal with uncomfortable and painful feelings and/or events.

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OSFED

OSFED (Other Specified Feeding & Eating Disorders)

- Where behaviors do not fit one a specific eating disorder but is still problem.
- A feeding or eating disorder in which some of the symptoms of other eating disorders may be present, but does not meet the full criteria for diagnosis of those disorders.
- OSFED is as dangerous as the other eating disorders.

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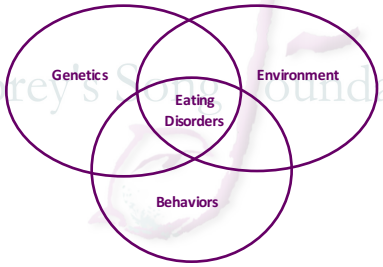
What Causes Eating Disorders?



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Factors That May Put You At Risk

- Family history
- Culture
- Personality
- Life transition
- Trauma
- Culture/Interest groups

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High Risks for Eating Disorders in Athletes

Body type or weight athlete believes is required for the sport.

Belief that certain body type improves performance.

Self-conscious about revealing uniforms or sport attire, sport-body stereotypes.

Concerns about natural changing to the body.

Coping with pressures associated with sport.

Source: National Consortium for Academics and Sports

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Learning Target 2

Recognizing possible cues of an eating disorder

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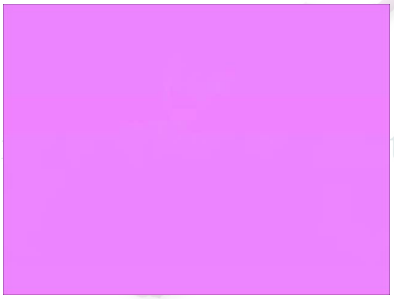

Elle Video

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Cues to Possible Eating Disorder: Anorexia

Cutting or tearing food into smaller pieces.

Eating very slowly

Moving food about plate

Making excuses

Eating same thing over and over again

Noticeable weight loss

Body checking

Harsh criticism of self

Fixating on body image and food

Denying being thin

Wearing baggy or layered clothing

Mood swings/ depression

Irritability due to lack of food

Little to no energy; often tired

Unable to sleep

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Cues to Possible Eating Disorder: Bulimia/Binge Eating

Missing food

Hiding food

Empty food containers

Immediate and intense need for the bathroom

Blank, disconnected expression; or can appear "dazed"

Sores, scars or calluses on the knuckles or fingers

Create environment to binge/binge – purge; withdraw from family and friends

Creative ways of purging

Signs and /or smells of vomiting and bad breath

Mysterious foul smells

Easily distracted; impulsive

May engage in risky behaviors

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Cues of Possible Eating Disorders: Verbal

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Normal Eating	Disordered Eating	Eating Disorder
Eating regularly and when you are hungry.	May use food as a means to relieve stress or tension.	A mental illness
Enjoying food.	Something we may all engage in at one time or another	Thoughts of food and weight interfere with everyday functions.
Feeling good about your body.	Can involve restriction, overeating or skipping meals	Requires professional intervention.
There is control	**Can lead to eating disorders.**	**Life-threatening: There is no control or choice.**

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Who Has the Eating Disorder?

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The Scary Truth Is…

Eating disorders don't discriminate:
Eating disorders reach across all segments of our society.

Eating disorders are not just a female disease:
Males comprise 10% of those diagnosed with anorexia nervosa, and account for about 40% of those suffering from binge-eating disorder.

Eating disorders are risky:
When a person engages in eating disorders, they put their entire physical body at risk regardless of their weight.

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The Scarier Truth Is…

Up to 30 million people of all ages and genders suffer from an eating disorder in the U.S.

37 percent of boys and girls in grades three to six have already dieted

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The Scariest Truth is….

More people die from eating disorders than any other mental Illness.

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Learning Target 3

Understanding the health consequences of eating disorders

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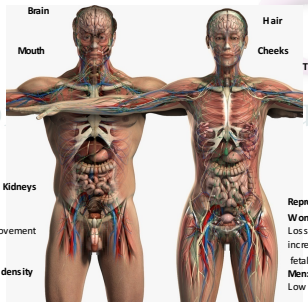
Medical Complications of Eating Disorders



Brain

Mouth

Muscle loss and weakness

Skin & nails

Stomach
Issues w/ emptying
Gastric rupture

Kidneys

Intestinal
Constipation
Irregular bowel movement
Diarrhea

Reduction of bone density
(osteoporosis)

Hair

Cheeks

Throat & Esophagus

Lungs

Irregular heart beat; heart muscle weakness; low pulse and blood pressure

Reproduction/Infertility
Women:
Loss of period,
increases rate of miscarriage
fetal complications
Men:
Low sperm count

Body fluids
Dehydration
Electrolyte imbalance

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Learning Target 4

Learn how to help someone with an eating disorder.

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The Importance of Intervening

As a friend, you may see cues sooner than anyone else

Eating disorders are **life-threatening** illnesses

The sooner a person gets into treatment for eating disorders, the better

You can save a life!

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How You Can Help

The most helpful role you can play is to support and encourage the person to meet with a professional or trusted adult

Focus on the behavior, not the food

You are not their therapist

You may need to express your concerns multiple times

You can listen, be supportive and encourage their well being.

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Peer Intervention

You can effectively communicate your concerns to your family member or friend.

Privately and directly describe the action that concerns you.
"Lately, I've noticed you're not going out with us…"
"We haven't talked for a while…are you all right?"
"I'm worried about you…."

Encourage seeking help.
"I think you should talk to someone about what's going on. Maybe you should talk to …. I'll go with you if you like."

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Peer Intervention: Dealing with Denial

Denial is a Common Problem and May Persist

Keep normal communication open
Communicate care and concern

Don't get discouraged or take their response personally

If friend will not talk to someone, talk to professional or trusted adult

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Peer Intervention: Taking care of You

Deal with your own feelings about the issue

This will have an emotional impact on you

It may be beneficial to talk with a parent, counselor, or other trusted adult about your own feelings

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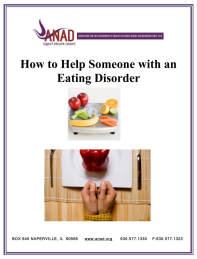
For More Information



To learn more about how to help yourself, a family member or friend **call or email us:**

270-852-6514
support@AubreysSong.org

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The Good News? Recovery is Possible !

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ADVOCATING FOR THE DEVELOPMENT OF HEALTHY ATTITUDES, BODIES AND BEHAVIORS SINCE 1976

Accept Yourself…Accept Others

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Accept yourself, Accept others

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