

MEDICAL CONSEQUENCES OF DISORDERED EATING

- ❖ Eating disorders are serious, potentially life-threatening conditions that affect a person's emotional and physical health. They are real, complex, and devastating medical diagnoses that can have serious consequences for your health, relationships, and success.
- ❖ People struggling with an eating disorder need to seek professional help. The earlier a person with an eating disorder seeks treatment, the greater the likelihood of physical and emotional recovery.
- ❖ Dieting can constitute disordered eating and may be dangerous because it affects your mind, your energy level, and causes your body to go into starvation mode. Dieting can lead to eating disorders.
- ❖ Medical Consequences of Disordered Eating:
 - Slow heart rates
 - Low blood pressure
 - Weakened heart
 - Irregular heart rhythms
 - Electrolyte (sodium, potassium, phosphorus, calcium) imbalances
 - Fainting
 - Decreased bone density levels
 - Muscle loss
 - Dehydration
 - Fatigue
 - Changes in hair (hair loss or dry hair)
 - Cold hands and feet
 - Changes in skin
 - Tooth decay/ tooth staining
 - Constipation
 - Stomach ulcers
 - Potential rupture of stomach or esophagus
 - Death