

ARC Mental Health Information Series

This document is intended to be information only and does not replace the opinion of a health provider.

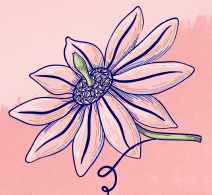
Eating Disorders

Eating Disorders are serious but treatable mental illnesses that can affect anyone regardless of gender, age, racial and ethnic identity, sexual orientation or socio-economic background. Eating disorders have the highest overall mortality rate of any mental illness, with estimates between 10-15%. Suicide is the second leading cause of death (after cardiac disease) among those with anorexia nervosa and the mortality rate associated with anorexia nervosa among young females is 12 times greater than that ALL other causes of death combined for that age group.



Symptoms

- Irritability, depression and social withdrawal
- Excessive preoccupation with calories, food or “healthy eating”
- Frequent negative comments about their weight and shape
- Restriction of food intake
- Making excuses to avoid eating
- Significant weight loss or weight gain (regardless of previous weight)
- Compulsive exercising
- Frequently eating excessive amounts of food in a short period of time
- Consuming food alone, at night or secretly
- Using laxatives or diet pills
- Going to the bathroom immediately after eating



Causes

- Eating disorders appear to result from multiple factors including cultural, social, family and emotional pressures; personality disorders; genetics and biological factors. Eating disorders typically begin during adolescence.
- Higher than average rates of eating disorders is also seen among athletes. Female gymnasts, ice skaters, dancers, and swimmers, to name a few, have been found to have higher rates of eating disorders.
- Male athletes are also at increased risk – especially those in sports such as wrestling, bodybuilding, crew, running, cycling, climbing and football.

Treatment

- Psychoeducation, including self-help resources and resources for families
- Nutritional counselling
- Psychotherapy including cognitive behavioural therapy (CBT) and interpersonal psychotherapy (IPT)
- Medication
- If needed, in-patient treatment centres

Resources available

ANEB Quebec

Help & Reference Line (Daily: 8:00 a.m. – 3:00 p.m.)

Telephone: (514) 630-0907 (Montreal), 1 (800) 630-0907 (Outside of Montreal)

Website: www.anebquebec.com

Aire Ouverte for youth 12-25 years of age. 5811 Taschereau Blvd., local 30, Brossard, QC J4Z 1A5
Drop-in services: Tuesday, Wednesday and Thursday from 1:00-8:00 p.m. and Saturday 10:00 a.m. to 5:00 p.m. By appointment from Monday to Friday. Telephone: (450) 445-4474

Clinique des troubles de l'alimentation, 640 Dorchester St., suite 205
Saint-Jean-sur-Richelieu, (Québec) J3B 5A4, (450) 800-6181

Psychosocial support available through the CLSC and through your primary care physician

CLSC St-Hubert - (450) 443-7400

CLSC Brossard - (450) 445-4452

CLSC St-Jean-sur-Richelieu - (450) 358-2572

CLSC Richelieu - (450) 658-7561

811 Info-Sante, press 9 for English



Financial contribution from



Public Health
Agency of Canada

Agence de la santé
publique du Canada

