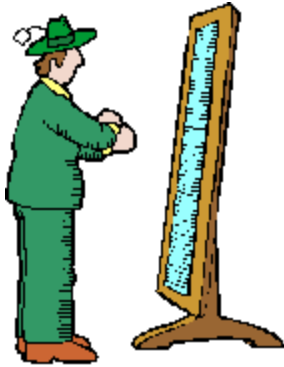


## Eating Issues, Part 3

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In these next two weeks, we will talk about preventing eating disorders and how you can obtain information to eat nutritionally.

By reading this series of emails, you are doing the most important thing in prevention, which is educating yourself and family. One of the errors that people make is thinking that they or their loved ones could not suffer from this. Unfortunately this is not true.

People with eating disorders are often viewed by others as compassionate, warm, giving, sensitive and intelligent people. The problem is that each person suffering cannot see in themselves the beauty that others do. Their own hate from within distorts their perception of how truly wonderful they really are.

It is important to know that eating disorders frequently appear during adolescence or young adulthood, but some reports indicate that they can develop during childhood or later in adulthood. So beware that anyone, at any age, can suffer from eating disorders.

Though women and girls are much more likely than males to develop an eating disorder, boys and men also suffer (estimated 5-15% of patients with anorexia or bulimia and an estimated 35% of those with binge-eating disorder). Boys with eating disorders exhibit the same types of physical and behavioral signs and symptoms as girls, but are less likely to be diagnosed. So you need to be alert to the males in your life as well as yourself if you are male.

**Solutions Employee Assistance Program (EAP) is also available as a resource to help assess someone with an eating disorder or a family member who is concerned with an eating disorder and refer him or her to the appropriate treatment.**

**Call 800-526-3485 for free confidential assistance.**