

WHAT ARE THE COMMON EATING DISORDERS?



Eating Disorders are a type of psychological disorder characterized by an individual's obsession with food, body weight, body shape leading to unhealthy, sometimes dangerous eating habits. People with this disorder often go beyond a normal need for food, fitness, or even the occasional binge-eating that we all indulge in.

Eating disorders affect people of all genders and are most commonly seen in teenagers and young women. Symptoms vary from person to person and can be largely categorized into the severe restriction of food, binge-eating, or purging behaviors like vomiting, over-exercising, and using laxatives.

Eating Disorders are a spectrum that includes many types of conditions. Some of them are:

- **Anorexia nervosa:**

Anorexia is the most commonly known Eating disorder, characterized by the individual going to great lengths to avoid food or certain categories of food. They feel they are overweight even when they are underweight, sometimes dangerously underweight, and malnourished.

- **Bulimia nervosa:**

Individuals with Bulimia have binge-eating episodes where they eat large quantities of food in a short period. They cannot stop eating and have no control over what and how much they eat, even if they are full and in pain. The binge-eating is often followed up with a purging schedule.

- **Binge-Eating:**

People with this disorder overeat regularly, usually food with high amounts of sugars, salt, fat, and/or highly processed, fried food. Unlike other disorders, in binge-eating, they do not purge themselves. Each bingeing episode is followed by a period of intense guilt and shame relating to their body weight, body type, or shape.

- **Pica:**

Individuals with this disorder are obsessed with eating inedible substances like chalk, paper, hair, toothpaste, etc. Some of them crave substances that can be poisonous, causing gut injuries.

Other Eating disorders include Rumination Disorder, Avoidant/Restrictive Food Intake Disorder, Purging Disorder, Night Eating Syndrome, Other Specified Feeding or Eating Disorder (OSFED), Orthorexia.



Read more about **EATING DISORDERS** and other mental health related articles on www.pamllc.us/resources

Interested in a consultation? Request an appointment from our [website](#) or mail at telehealth@pamllc.us

NOTE

If you are in immediate distress or are thinking about hurting yourself, call the National Suicide Prevention Hotline toll-free at 1-800-273-TALK (8255) or the toll-free TTY number at 1-800-799-4TTY(4889). You also can text the Crisis Text Line (HELLO to 741741) or go to the National Suicide Prevention Lifeline website at <https://suicidepreventionlifeline.org>



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