

Introduction

The Laurence Trust is a local charity based in Carryduff, Co Down. We are an online support group providing information on Eating Disorders in Men.

DID YOU KNOW:

- 1 in 5 Anorexia sufferers will die
- Anorexia kills more people than any other mental health condition
- 3 out of 4 suicides are male
- 1 in 10 eating disorder sufferers are male

Eating disorders are serious and due to complex mental health conditions can have severe physical and psychological symptoms; however with the right support and treatment anyone can make a full recovery. It means accepting you have a problem and asking for help; this can be one of the hardest things to do! But you are not alone.

RECOVERY IS POSSIBLE FOR EVERYONE

TYPES OF EATING DISORDERS:

Anorexia Nervosa

Anorexia Nervosa refers to an eating disorder characterised by low weight and long periods of fasting or restricting. While low weight is the primary sign of Anorexia, the thoughts that underpin the disorder are present long before the weight loss. These extreme weight management behaviours often develop out of an anxiety about body shape and weight that originates from a fear of being fat or a desire to be thin.

Signs & Symptoms

- Sudden or extreme weight loss
- Dizzy spells and feeling faint and bloated stomach
- Downy hair on the body
- Poor blood circulation and feeling cold
- Constipation and abdominal pains
- Dry, rough, or discoloured skin
- Distorted perception of body shape or weight
- Changes in personality and mood swings
- Obsessive behaviour attached to eating
- Wearing big baggy clothes
- Repeatedly weighing yourself

Bulimia Nervosa

Bulimia Nervosa refers to an eating disorder characterised by periods of fasting followed by bingeing. Binges will almost always be followed by feelings of guilt and shame leading to purging. Purging can refer to other extreme compensatory behaviours to avoid weight gain. During the binge/ purge cycle you might feel very emotional and highly distressed. This can be triggered by difficulty coping/ dealing with emotional situations.

Unlike Anorexia, weight is not always an indicator of Bulimia as weight is usually within normal ranges.

Signs & Symptoms

- Sore throat, swollen salivary glands, tooth decay/ bad breath caused by excessive vomiting
- Poor skin condition and possible hair loss
- Lethargy and tiredness
- Obsession with food, feeling 'out of control' around food
- Distorted perception of body weight and shape
- Emotional behaviour and mood swings
- Feeling helpless and lonely

- Disappearing to the toilet after meals in order to vomit food eaten
- Excessive exercising
- Secrecy and reluctance to socialise
- Hoarding food
- Stashing of laxatives, diuretics or other weight control tablets

Binge Eating Disorder

Binge Eating Disorder (often referred to as BED) shares some of the characteristics of Bulimia but the essential difference is that there is no purging following a binge. While BED does not have the same physical symptoms as Anorexia or Bulimia it is still a serious eating disorder that can cause intense distress. Binges are usually triggered by intense emotions and distress, and you may feel unable to cope therefore food becomes a comfort.

Bigorexia- Muscle Dysmorphia

Signs & Symptoms

- Preoccupation with body image in particular the wish to look muscular
- Intense fear of losing weight and 'withering away'
- Excessive exercise with the aim of 'bulking-up'
- Planning and often neglecting other life activities around exercise
- Adhering to unconventional diets to help achieve the 'ideal' body shape
- Use of steroids or dietary supplements aimed at increasing muscle mass
- Avoidance of situations where the individual's body could be exposed due to feelings of inadequacy
- Does affect women as well as men!

Services available

Services are available across Northern Ireland that can offer support, advice and help throughout your recovery journey.

Please visit The Laurence Trust Website for more information in making that first step.

Courage: to take charge of your health and wellbeing

Courtesy: from the people who will provide you with the right support

Concern: from your family and friends who are here to make that journey with you

Contact info and services offered

Information Helpline: 07510 371 335
(6pm-9pm 7 days per week)

Email: thelaurencetrust@hotmail.co.uk
Web: www.thelaurencetrust.co.uk



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*The Laurence Trust is a registered charity with the HMRC
N100082*



Eating Disorders Explained



Don't turn your back... Let's face it... Eating disorders affect men too