

Title:

Death By Starvation: Complications of Eating Disorders

Word Count:

640

Summary:

This article is about eating disorders and the complications they bring to the body if left un

Keywords:

anorexia, bulimia, medical complication, gastritis, ulcer

Article Body:

Eating disorders plague society more and more every year. According to a recent study by the

Eating disorders

Most eating disorders root from an extreme fear of becoming fat or being thought of as

- Anorexia Nervosa. Patients with anorexia control their body weight by indulging in vo
- Bulimia Nervosa. Patients with bulimia over binge eat but feel excessively guilty aft
- Binge eating disorder. People who indulge in binge eating frequently consume excessiv

Medical complications

A lot of medical complications may arise if eating disorders go unnoticed and untreated

Physical complications:

- Irregular heartbeat which may lead to cardiac arrest and eventually, if left untreated
- Kidney damage which may cause renal failure and eventually, death.
- Liver damage (made worse by substance abuse. This may also lead to death.
- Loss of muscle mass. Broomstick arms and legs.
- Permanent loss of bone mass which can make patients easily get fractures.
- Damage to the digestive system including: destruction of teeth, rupture of esophagus,
- Disruption of menstrual cycle which may result to infertility.
- Delayed growth and permanently stunted growth due to undernutrition
- Weakened immune system
- Icy hands and feet
- Swollen glands in neck; stones in salivary duct, "chipmunk cheeks."
- Excess hair on face, arms, and body. Long, downy lanugo hair.
- Dry, blotchy skin that has an unhealthy gray or yellow cast
- Anemia, malnutrition. Disruption of body's fluid/mineral balance (electrolyte imbalance)
- Fainting spells, seizures, sleep disruption, bad dreams, mental fuzziness
- Low blood sugar (hypoglycemia), including shakiness, anxiety, restlessness, and a perv
- Anal and bladder incontinence, urinary tract infections, vaginal prolapse, and other p
- Because of changes in the brain associated with under-nourishment, binge eating, and p

Mental complications:

- Clinical depression.
- Anxiety.
- Addiction.
- Obsessive-compulsive disorder (OCD).
- Social withdrawal.

Now that you know the complications eating disorders bring to your body, think twice before bi

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