

E.S. Kulik, M.V. Bogun

## EATING AND BODY DYSMORPHIC DISORDERS

Kharkiv National medical university,

Department of Foreign Languages, Kharkiv, Ukraine

**Abstract.** *The paper discusses eating and body dysmorphic disorders, their characteristics, consequences and prevention.*

**Key words:** *dysmorphic disorder, anorexia, bulimia, prevention.*

К.С. Кулік, М.В. Богун

## ДИСМОРФІЧНІ ЗАХВОРЮВАННЯ ПОВ'ЯЗАНІ З ПРИЙМАННЯМ ЇЖИ ТА ДИСФУНКЦІЄЮ ОРГАНІЗМУ

**Анотація.** *Тези присвячені захворюванням пов'язаним із прийманням їжі та дисфункцією всього організму внаслідок цього захворювання.*

**Ключові слова:** *дисморфічні захворювання, анорексія, булімія, профілактика.*

Most of us are agree with the proverb "It's what's inside that counts". In spite of this wildly accepted opinion a lot of people find it crucial to keep trace of their appearance and from time to time certain features of their body bring them trouble. One man may not appreciate his height, another one is obsessed with his body weight. It is naturally for humans to strive for self-improvement. But unfortunately it happens quite often that this desire to look better is not guided by inclination for betterment. Failures in any sphere of life frequently lead to low self-esteem and chronicle depression. This abuses the person and causes many psychological disorders.

They are known as eating and body dysmorphic disorders and are characterized by the highest mortality rates among other diseases of mind. Main eating disorders among which are anorexia, bulimia and binge eating are often followed by the body dysmorphic disorders. They are typical for people who preoccupy themselves with some slight or even imagined flaws of their appearance.

According to the National Eating Disorders Association which collected the information around the United States of America, 42% of girls from the first to the third grades wanted to be thinner. 81% of ten year old girls were afraid to be fat in the future. And the third study concluded the following terrifying results: over a half

of American teenage girls and nearly a third of teenage boys practiced terrible weight control methods like fasting, skipping meals, smoking, restrictive dieting (based on subsisting on only separate kinds of food), vomiting and taking laxatives. As stated by the National Eating Disorders Association 15% of sufferers are men and nearly a half of them relates to sex minorities.

The first common eating disorder is anorexia. During this illness people refuse to maintain the minimal normal body weight, that is why they are usually significantly underweight (over 15%). The patients tell that they attempted to avoid drinking even a cup of water, believing that it could immediately make them thicker. Along with the dreadful low-calorie diet and excessive exercising program the patients used to vomit and take laxatives in order to decrease their weight.

There are some explicit features which help to identify the presence of this disorder. As there is no proper nutrient supply from the food, the body maintains it from the reserves in bones and muscles. Despite the fact that people exercise daily, there is a constant loss of muscular tissue (including cardiac muscular tissue) and fragility of bones. Dieters become emaciated and bony. As cardiac tissue is under damage people get heart attacks, their heart rate increases, but the blood pressure of the body becomes slower. There is a lack of energy within the body. This explains why the sufferers always have icy hands, feet and noses.

The patients have also a specific bad breath. It appears due to the destruction of bones and muscles. In addition people start losing their hair, the nails become quite frail and many wrinkles and acnes cover the skin so that it looks older as well as dry and cracked. Both men and women are sterile. Eventually the sufferers prefer being on their own rather with the company of friends and relatives, who may conclude that the person is no longer healthy.

Otherwise it is not as noticeable as in the case of bulimia, another eating disorder. It is caused by similar reasons and has many awful consequences like anorexia. But people with bulimia usually maintain normal body weight, but achieve it by vomiting and using laxatives. As they used to vomit up their food the gastric

juice affects the teeth. In return laxatives influence the functions of the digestive system so it stops working properly.

As it was already mentioned all eating disorders are severe illnesses of mind and their treatment requires a lot of time and patience. Fortunately the patients could be treated once and for ever. But at present I find it more important to think of the ways of disease prevention, reducing the power of negative mass media. Parents should take care of their children to develop their personality and self-confidence being not so sensitive to the words of others.