



# Eating Disorder Centre Cork

## About Eating Disorders

### What is an Eating Disorder?

- **An eating disorder refers to a complex, potentially life-threatening condition, characterised by severe disturbances in eating behaviours**
- **Eating disorders are not primarily about food**
- **People can and do recover**
- **Eating disorders can affect anyone, irrespective of race, religion, sexual orientation or ethnicity.**

### Eating Disorders are characterised by:

- **Self-starvation - by fasting and/or food restriction**
- **Purging - by self-induced vomiting, over-exercising, or laxative abuse**
- **Bingeing - by consuming quantities of food beyond what the body needs to satisfy hunger**

(Bodywhys 2013)

- **There are complex physical, psychological and emotional aspects to the condition. The medical complications resulting from an eating disorder can be life threatening.**
- **Eating disorders almost always start out as diets, but these disorders are not just about food and weight. (Costin 2007)**
- **People of both sexes and every age, race, religion, ethnicity, and sexual orientation can suffer from an eating disorder.**
- **Eating disorders are not about vanity, they are ultimately about the search for healthy selfhood.**
- **They are not a fad, or a phase that a person goes through, instead they have devastating consequences, affecting people relationships, dreams, goals and development, and are serious life threatening conditions.**
- **Eating disorders are NOT A CHOICE.**