

Eating Disorders

Symptoms

Treatment

An eating disorder is an illness that causes serious disturbances to your everyday diet, such as eating extremely small amounts of food or severely overeating.

Anorexia Nervosa

- Restricted eating leading to a significantly low bodyweight
- A relentless pursuit of thinness
- Intense fear of gaining weight
- Distorted body image - a self-esteem that is heavily influenced by perceptions of body weight and shape, or a denial of the seriousness of low body weight

Bulimia Nervosa

- Frequent episodes of eating unusually large amounts of food
- Compensating for overeating by forced vomiting, use of laxatives or diuretics, fasting, or excessive exercise
- Binge-purge cycles can happen from several times a week to many times a day

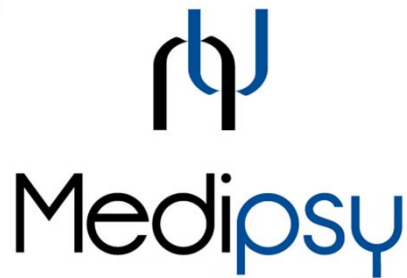
Binge-eating Disorder

- Loss of control over eating without compensatory behaviours

Eating disorders are real, treatable medical illnesses. They frequently coexist with other illnesses such as depression, substance abuse, or anxiety disorders.

Adequate nutrition, and reducing excessive exercise and purging are the foundations of treatment. Specific forms of psychotherapy, or talk therapy, and medication are effective for many eating disorders.

Medipsy professionals are trained to assess your symptoms, your preferences and your response to treatment. You and your mental health professional will collaborate to develop a treatment plan based on scientific evidence and tailored with your needs in mind.



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