

# Body Dysmorphia

-Skewed mental image of personal appearance.

What *women* see when they look in the mirror:



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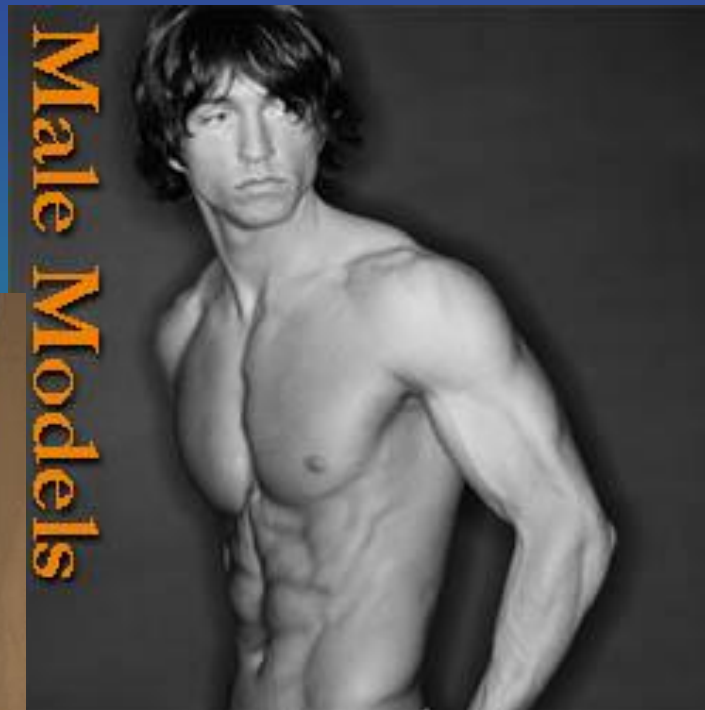
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**This “ideal” body is  
unachievable by 98% of  
people**



# Over the last 30 years, men's body perception has changed



# Muscle Dysmorphia









# **Anorexia: Willful starvation in the pursuit of thinness**

- **Extremely Thin**
- **Obsessive preoccupation with food**
- **It is not a choice, you can not control it even though that is how it starts**
- **Anorexia controls the person**
- **Outright refusal to retain a healthy body weight**
- **Extreme sensitivity to cold**
- **Body shuts down-goes into starvation, period stops in females**

# **Bulimia: Binging and purging**

- **Don't know when hungry/full- lost connection with body**
- **Can vomit up to 20 times a day (purging)**
- **Laxative abuse- dangerous**
- **Exercise- out of control**
- **Shame and guilt- secretive**
- **Uses food as a comfort**
- **Mood swings**
- **Frequent trips to bathroom/Excessive Exercise**



# Risk Factors

- **Overweight as a child**
- **They have been dieting.**
- **They participate in a sport that demands thinness [i.e. jockey or wrestler, rowers]**
- **They have a job or profession that demands thinness [i.e. actors, male models, or entertainers]**
- **Living in a culture that is fixated on physical appearance**

# Consequences

- **Infertility**
- **Heart attack**
- **Osteoporosis/Osteopenia**
- **Tooth Decay/Tooth Loss**
- **Hair Loss/Lanugo Growth**
- **Stomach ulcers**
- **Esophagus rupture**
- **Digestive issues**
- **Depression**
- **Bi-polar/Manic Depression**
- **Various Mental Disorders**

# Consequences

**20% of all people with Anorexia will die, making it the number one fatality rate of all psychological disorders.**

# How you can help

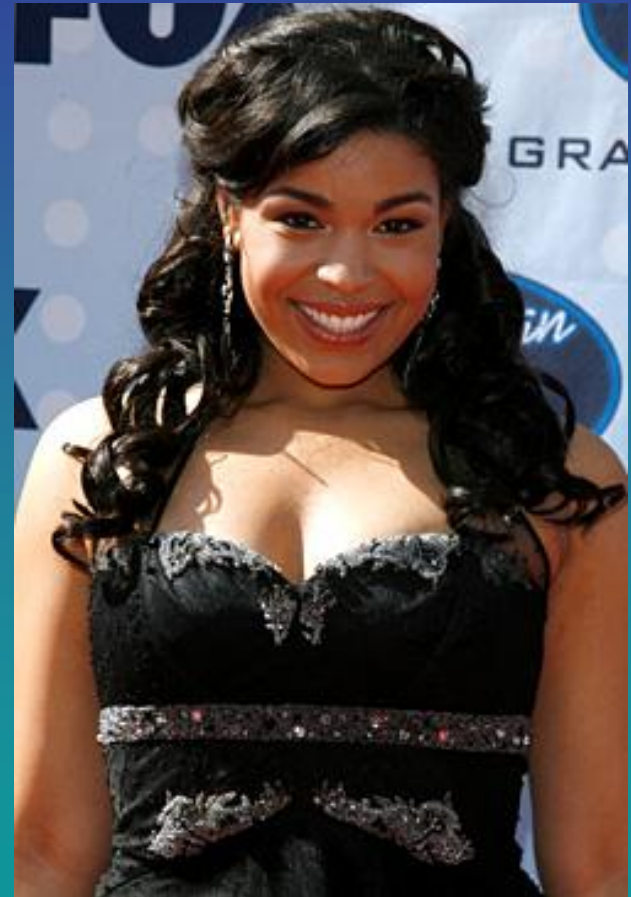
- **Be honest**
- **One on one is better than in a group**
- **Do not say “I think you look too thin”- they will view this as a compliment**
- **You can not fix them- they need professional help**
- **Suggest Renfrew or another form of professional counseling 1-800-RENFREW**

**“Having an eating disorder is unlike any other addiction. Having a drug or alcohol addictions like waking up and taming a lion back into it’s cage. Having an eating disorder is like waking up, taming a lion back into it’s cage, and taking it for a walk three times a day.”**

**- Renfrew Patient**



# Healthy is beautiful!



# Healthy is beautiful!



**Your Body is the  
vehicle that will  
carry you to your  
dreams.**

**Honor it. Respect it. Fuel it.**