Eating disorders are real illnesses affecting both women and men, with complex underlying psychological and biological causes. An eating disorder may be present if someone experiences severe disturbances in eating behavior or feelings of extreme distress about body weight or shape.

The main types of eating disorders are Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder, with many variations of these disorders.
You may be at risk for an eating disorder if you...

- Are preoccupied with body weight or body fat
- Are preoccupied with food
- Feel guilty after eating a meal or particular food
- Frequently skip meals
- Obsess about calorie or fat intake
- Exercise compulsively
- Experience binge eating
- Avoid particular foods or food groups
- Have the impulse to vomit after meals
- Use laxatives, diet pills or diuretics to control weight
- Engage in dieting behavior
- Eat to soothe emotions

ONE IN FIVE WOMEN struggle with an eating disorder or disordered eating.

ONLY ONE IN TEN MEN AND WOMEN with eating disorders receive treatment.

MEN ACCOUNT FOR 5 TO 15 PERCENT of patients with anorexia or bulimia and an estimated 35 PERCENT of those with binge-eating disorder.

15 PERCENT OF YOUNG WOMEN in the US who are not diagnosed with an eating disorder display substantially disordered eating attitudes and behaviors.

EATING DISORDERS TREATMENT TEAM (EDTT)

The LSU Student Health Center Eating Disorders Treatment Team (EDTT) is a group of qualified, caring professionals who can provide free and confidential guidance and support to LSU students experiencing disordered eating and body image issues. This multidisciplinary team is comprised of a physician, a psychiatrist, a psychologist, and a registered diettitian. The EDTT communicates regularly to maintain continuity of care and provide the best possible treatment for students enrolled in our program. Our goal is to assess, stabilize and, when necessary, connect students to ongoing or intensive care in the community.

To schedule a consultation appointment, contact Mental Health Service at 225.578.8774.

In severe cases, a referral for hospitalization, inpatient, or day treatment may be warranted. For these students and their families, the EDTT will assist in providing appropriate referrals and/or recommendations.

REFERRALS TO THE EDTT

LSU staff, faculty, and administrators can refer students to the EDTT by contacting Mental Health Service (225.578.8774). The EDTT will assist by providing consultation services, and when necessary and/or appropriate, intervening in cases of students suspected of having an eating disorder.

For more information, visit www.lsu.edu/shc

ADDITIONAL RESOURCES:

National Eating Disorders Association: www.nationaleatingdisorders.org

Something Fishy, Website on Eating Disorders: www.something-fishy.org

Bulimia.com: www.bulimia.com

Binge Eating Disorder Association: www.bedaonline.com