

UNDERSTANDING Eating Disorder

Made by:
 Jomana yousef (5855)
 Amna Tarek (5442)
 Aisha Ibrahim(5839)



What is eating disorder

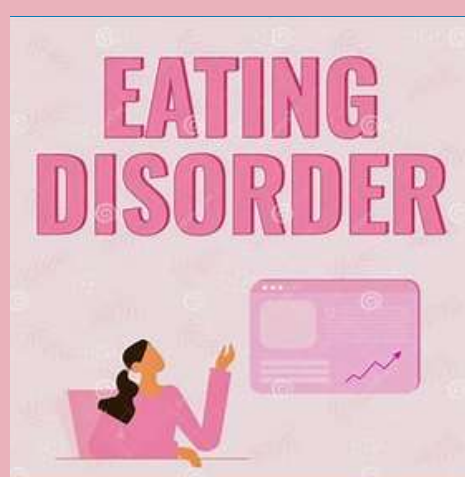
Eating disorders are serious mental health conditions characterized by unhealthy relationships with food.



Types of Eating disorder



Anorexia Nervosa



Symptoms

Emotional

Physical



Bulimia Nervosa



Binge Eating Disorder

Causes of Eating disorder

1. Genetic
2. Psychological
3. Environmental

Complication of Eating disorder

1. Physical Health Issues
2. Mental Health Challenges
3. Reproductive Problems
4. Social Impact
5. Dental and Digestive Issues

Management option

1. Cognitive Behavioral Therapy
2. Nutritional Counseling
3. Medical Intervention
4. Support Groups

Referenc

1. <https://www.nationaleatingdisorders.org/>
2. <https://www.mayoclinic.org/>