

Eating disorders

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them, and they may only eat very small quantities of food. Likewise, they may weigh themselves repeatedly, often several times in the same day, and are always concerned about losing weight.

As you may be able to imagine, living with anorexia can cause other significant health problems, such as electrolyte imbalances and cardiac arrest. For females, amenorrhea (the ceasing of one's menstrual cycle) can occur. The National Institute of Mental Health (NIMH) also lists the following symptoms:

- Thinning of the bones (osteopenia or osteoporosis)
- Brittle hair and nails
- Dry and yellowish skin
- Growth of fine hair over body (lanugo)
- Mild anemia, and muscle weakness and loss
- Severe constipation
- Low blood pressure, slowed breathing and pulse
- Drop in internal body temperature, causing a person to feel cold all the time
- Lethargy (tiredness)

Bulimia

Bulimia nervosa, commonly known simply as bulimia, is an eating disorder characterized by eating large quantities of food without control over one's eating (also called binge eating) and then purging (e.g. using laxatives or vomiting to get the food out of the body) or engaging in excessive exercise or fasting. One thing that makes this disorder different from anorexia, according to NIMH, is that people living with bulimia can be a normal weight, whereas those with anorexia are by definition underweight. However, both diseases are characterized by extreme fear of gaining weight and dissatisfaction with one's body. Bulimia can also result in electrolyte imbalances, as well as GI problems and oral concerns. NIMH lists the following additional symptoms:

- Chronically inflamed and sore throat
- Swollen glands in the neck and below the jaw
- Worn tooth enamel and increasingly sensitive and decaying teeth as a result of exposure to stomach acids
- Gastroesophageal reflux disorder (GERD)
- Intestinal distress and irritation from laxative abuse
- Kidney problems from diuretic abuse
- Severe dehydration from purging of fluids

Binge-eating disorder

Like bulimia, binge-eating disorder is a disease that is characterized by overeating, or eating large quantities of food without having control over one's eating. However, unlike bulimia, people suffering from binge-eating disorder do not purge or fast following the binge. According to NIMH, people who live with this disorder frequently feel ashamed and embarrassed by their behavior, which can lead to feelings of sadness that lead to further bingeing. As a result, those living with this disorder are frequently overweight or obese, conditions that also lead to many health consequences, such as heart disease and type 2 diabetes.

How are eating disorders treated?

Treatment for eating disorders is complex, as it must target the psychological, behavioral, and physical aspects of the person. Frequently, treatment involves talk therapy (such as cognitive behavioral therapy, or CBT), nutritional counseling, and medication treatment. Some antidepressants, for example, have been shown to be effective in treating these disorders.

The bottom line is that eating disorders are real medical diseases, and they are deadly. However, they are treatable. If you are, or someone you know is, experiencing these symptoms, it is critical to get help from a qualified physician (such as your family doctor or psychiatrist) right away. Looking for more information? A good place to start is NIMH's website: www.nimh.nih.gov.

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Do you need further information or have questions or comments about this article? Please call toll-free 1-877-530-1824. Or, visit the Maya Angelou Center for Health Equity website: <http://www.wfubmc.edu/minorityhealth>.

Angela Davis to lecture in Winston-Salem

CHRONICLE STAFF REPORT

Activist, educator and author Angela Davis will lecture in Winston-Salem later this month.

Davis first came to national prominence in the 1970s as a Civil Rights activist associated with organizations like the Black Panther Party and the Student Nonviolent Coordinating Committee.

She was placed on the FBI's "Ten Most Wanted List" after a weapon registered in her name was used in the murder of a judge. Davis spent 18 months in jail but was acquitted after a trial that continues

to be described as one of the most famous in recent U.S. history.

Davis, a professor at the University of California at Santa Cruz, often draws upon her own experiences in her lectures and books. She remains a strong advocate for social justice and feminist causes.

The author of eight books, Davis, 65, maintains a hectic public speaking schedule that takes her around the globe. In

recent years, a persistent theme of her work has been the range of social problems associated with incarceration and the generalized criminalization of those communities that are most affected by poverty and racial discrimination.

Davis will speak Thursday, March 26 at 7:30 p.m. at the University of North Carolina School of the Arts' Thrust Theatre/Performance Place.

Admission is free, but tickets are required. Call 336-721-1945 for tickets, which are limited.

Her lecture, "Art, Resistance and Transformation," is part of the 2009 Kenan Writers' Encounters, a public series of lectures and receptions, master classes, workshops, and multimedia presentations devoted to the exploration of creativity across the arts. This is the fifth and final season of the series.

Dancer, choreographer, author and educator Liz Lerman will give a workshop as part of the series on Wednesday, April 1, from 6 -

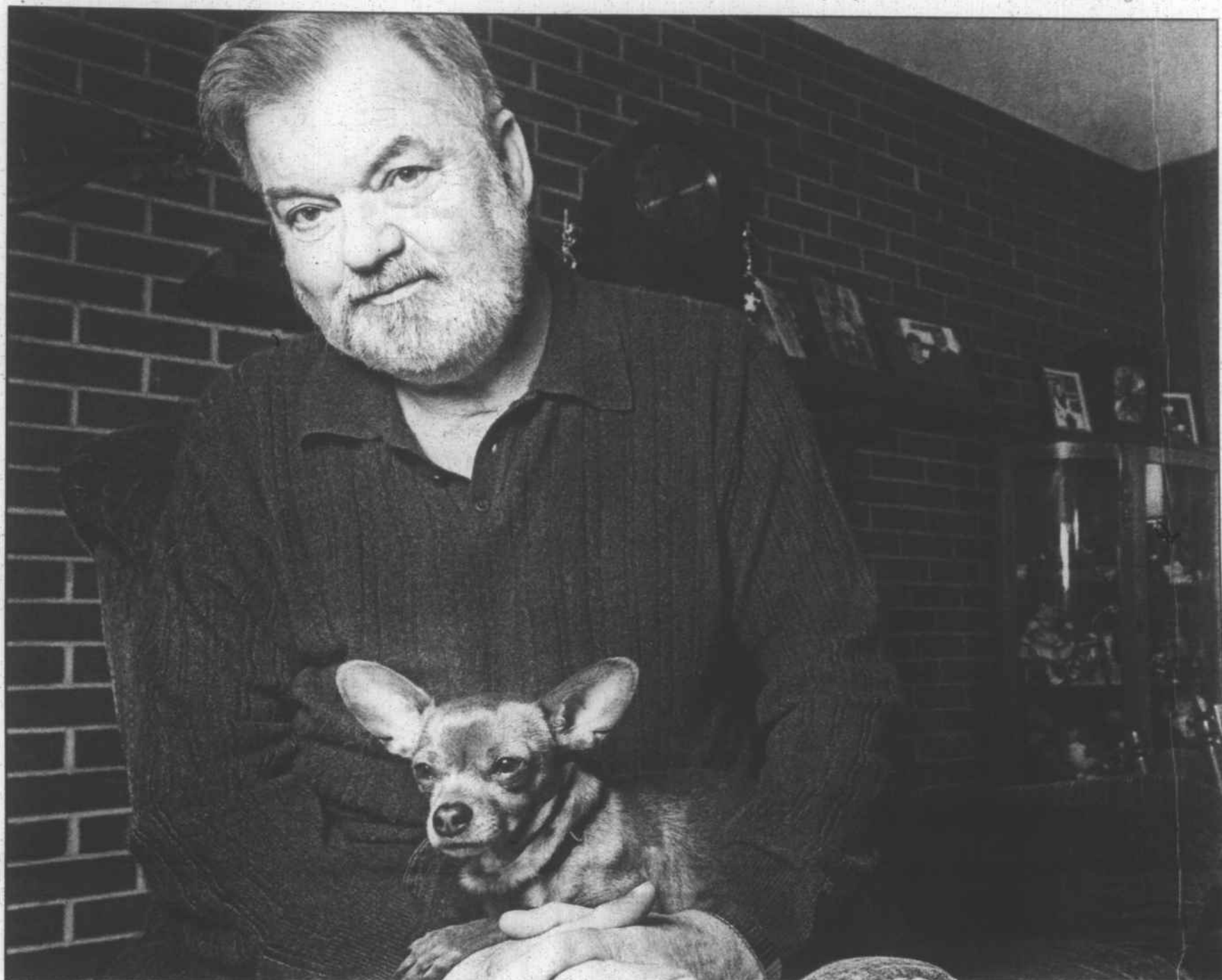
8:30 p.m., at UNCSCA's Catawba Theatre/Performance Place. She will lecture on Thursday, April 2, from 7:30 -10 p.m. at UNCSCA's Main Theatre, ACE Complex, Film Village. Both events are free, but require a ticket.

Lerman founded Liz Lerman Dance Exchange in 1976, and has cultivated the company's unique multi-generational ensemble into a leading force in contemporary dance.

For more information about The Kenan Writers' Encounters, visit www.kenanarts.org.



Davis



"My team includes not just the doctors that practice heart medicine, but the doctors who create heart medicine."

Eddie Swaim leads a full life. He's active in his church. He's the grandfather of five. And he's an artist when it comes to barbeque, right down to creating his own mouth-watering secret sauce. But after years of struggling with heart disease—including three heart attacks, triple bypass surgery, and then heart failure—Eddie and his doctors decided the best treatment option was a heart transplant.

Fortunately, Eddie chose Wake Forest University Baptist Medical Center. His multidisciplinary team included heart failure cardiologists, cardiothoracic surgeons, nurses and transplant coordinators who provided the most advanced options.

Wake Forest Baptist is the only medical center in the area offering the latest heart failure options

such as artificial hearts and heart transplants. We are at the forefront of finding new ways to treat patients with complex heart conditions and, by individualizing options, we offer the highest level of care.

Eddie's transplant was incredibly successful. He'll tell anyone who'll listen about his new heart and the team of doctors who wouldn't give up. He loves to talk about how he has no trouble keeping up with his five grandchildren. But the recipe for his famous sauce? Well, some secrets are made to be kept.

For patients such as Eddie Swaim, our expert knowledge made all the difference. For more information about our Heart Center or to make an appointment with a physician, call (336) 716-2255 or visit wfubmc.edu/heart.

KNOWLEDGE MAKES ALL THE DIFFERENCE.



Wake Forest University Baptist
MEDICAL CENTER®

Heart Center

For more info or to schedule an appointment, call 1.336.716.2255 or 1.800.446.2255 or visit wfubmc.edu
Winston-Salem, NC