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How Do We Treat Eating Disorder?

Jasmine Guanzon, *Utah State University* | Sociology 4010

I. Introduction

Eating Disorder is a mental health disability that affects an individual's physical and mental health. There are different types of eating disorder: anorexia nervosa, bulimia nervosa, binge-eating disorder, pica, rumination, orthorexia and etc. The earliest documentation of an eating disorder diagnosis occurred between 12th and 13th century, since then, the number of cases for this illness continues to grow (Deans, 2011). A common misconception about eating disorder is that only women suffer from this illness, however, there were documented cases of men suffering from this disorder since 1888 (Strother, 2012). There are multiple treatments

offered in order to reduce and abolish people's eating disorder.

- Family-Based Treatment is another way of treatment that can affect the patient's relationship towards their family. Families are a huge essential part of an individual's environmental background which affects their way of thinking and living (Robin, et.al, 2000)
- Psychotherapy and Cognitive Behavioral therapy are both highly structured type of treatment that resolves issues through monitoring and counseling. (Robin, et.al, 2000)

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II. Methods

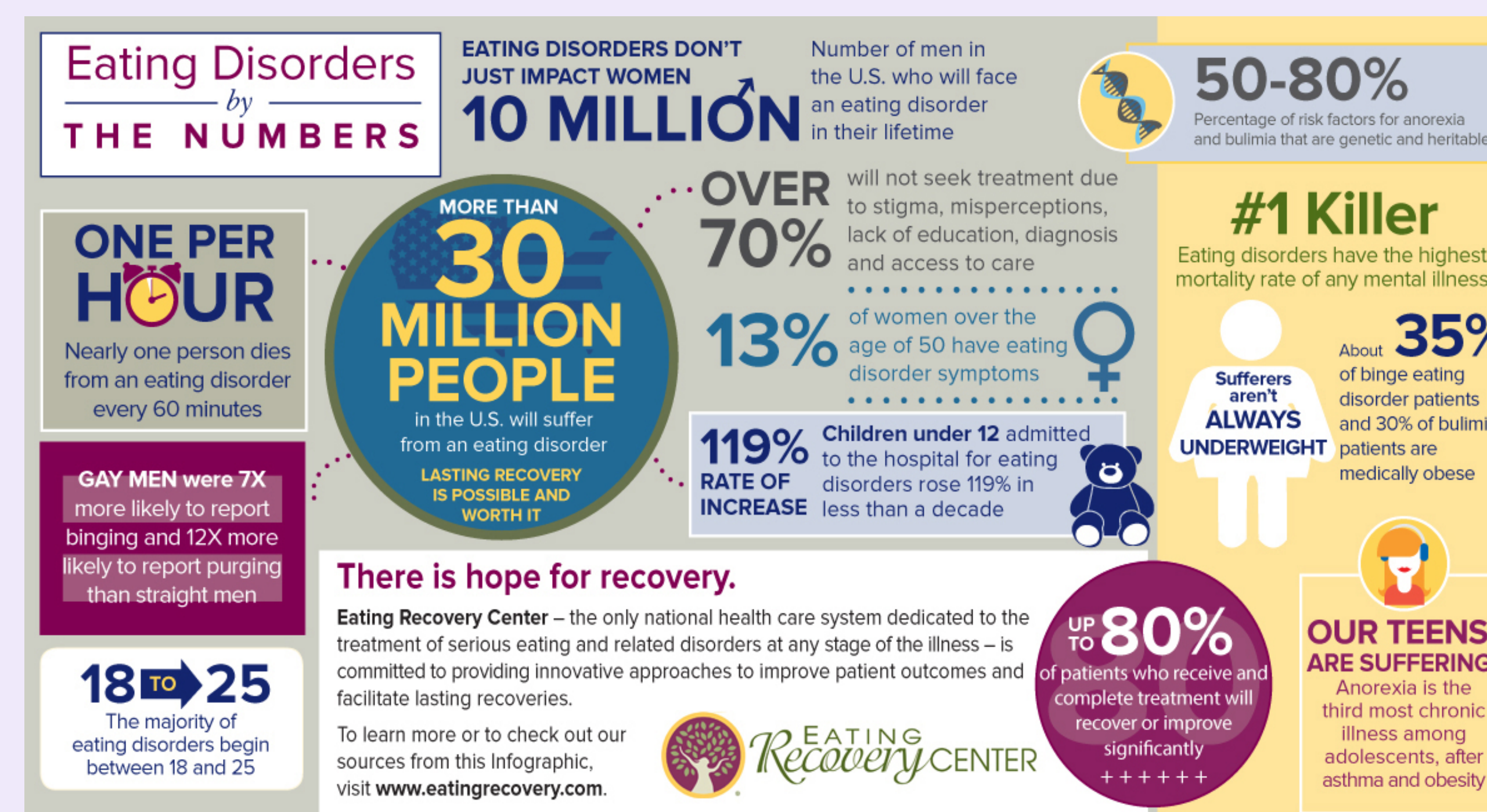
People who are diagnosed with eating disorder requires full attention. Since there are no available medication for this disorder, professionals train patients hospitalization or a treatment center.

- People who are hospitalized after facing the physical consequences of eating disorder goes through multiple examination to identify any failing function of their organs. They are then treated

with fluids that could sustain nutrients in their body, and suggested to be admitted to a treatment center to avoid relapse. (Wilson,2010)

- Treatment centers have programs that help patients to restore the proper weight that goes along with their BMI. They also provide a team of therapists that could help resolve their mental health issues. (Kessler, 2007)

Figure 1 – Statistics of people who suffer from eating disorder.



III. Results

There are different types of eating disorder, which results to different types and length of recovery depending on the severity of their case. Each treatment centers offers different kinds of methods, which makes it difficult to identify the accurate rate of success on their treatments.

- There is a 35% chance that an individual could face relapse, depending on how their case was treated.
- Individual therapy was found to be the most

effective way of treatment. It encourages patients to feel accepted. (Locke, 2010)

- Treatment centers are found to be more effective than hospitalization.



IV. Conclusions

In retrospect, it would be useful to conduct more research and advocate awareness about eating disorder. People need to be more educated about the reality of people who are suffering and how they are the victims of society's "standards". There are a lot of reasons that could cause the eating disorder, started a movement to prevent this

illness.

- Media is one of the most influential factor that could trigger an eating disorder.
- Exposure to the wrong environmental factors can detriment the way an individual percept it's body-image, thus resorting to being a victim of eating-disorder.