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Anorexia nervosa - tend the new way of life. Attempt to analyze the current data in this age group

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Abstract

At the turn of the last few years, a sharp increase in the number of people suffering from eating disorders that undoubtedly lead or can lead to the destruction of the body is noticeable. These disorders are very often the cause of irreversible mental and physical changes, sometimes even leading to death in extreme cases. The issue of eating disorders, and in particular the anorexia nervosa occurring most amazingly affects younger age groups. Early observation of the first symptoms and proper diagnosis gives the possibility of a full recovery. It should also be borne in mind that these disorders are related both to the prevailing socio-cultural changes, sometimes inefficiencies in support structures, as well as to the current year's threatening increase in the pace of life. Both specific and non-specific eating disorders belong to the group of diseases whose aetiology, diagnosis and treatment have not been clearly defined so far. However, it should be taken into account that eating disorders are of a chronic nature, so small that they change the clinical picture during the course of the disease, permeating each other.

Key words: eating disorder, anorexia nervosa

"Eating disorder" - what it conceals?

Eating disorders and nutrition is a basic need, which "placed" in a variety of relationships among social, cultural or family. Unambiguous identification of factors that determine what we eat, why we eat and how it is undoubtedly difficult to determine. However, it may be helpful in understanding the present disorders related to nutrition, such as anorexia nervosa (anorexia nervosa) and bulimia (bulimia nervosa). They cited these eating disorders are two syndromes which are characterized by disturbances of appetite and food intake psychiatric [8].

Classification of eating disorders

In modern psychiatry, there are two classification systems for mental and emotional disorders - ICD-10 (2000), and DSM-IV (2000). These systems assume a slightly different classification division disorders, as well as some other diagnostic criteria. It should be borne in mind that they are "the basis of principles developed clinical practice guidelines as defined or standards." As a result of these classifications result in selecting the appropriate method of treatment. [6]. In Poland there is adopted the International Classification ICD-10 [6] According to this classification, the group eating disorders disorders classified as follows:

- anorexia nervosa (anorexia nervosa - AN, F50.0);
- bulimia nervosa (bulimia nervosa, F50.2)
- atypical eating disorders [6].

Analyzing the authors of medical literature divide eating disorders into two groups: specific eating disorders (anorexia nervosa and bulimia nervosa) and non-specific eating disorders (bigorexia, othorexia nervosa, compulsive overeating [binge eating disorders], the team eat the night [NES Wight eating syndrome] , obesity) [6].

The prevalence of eating disorders

Eating disorders as shown by current statistics are now one of the most frequently encountered while downplayed most common diseases of civilization in the world. Unfortunately, we still lack the data prevalence of eating disorders because they are not clear and are often analyzed figures for the incidence of certain types of disorders, not vaguely.

However, you need to take into account the fact that not all people who struggle with eating disorders report to psychotherapists and doctors, which significantly worsens / falsifies statistical results. Another factor that significantly hinders an unambiguous assessment is that there is no nationwide studies on the problem which affects our society. Currently, we rely on the results of screening, as well as analyzed are just some of the determinants of this disorder.

Anorexia nervosa - characteristics disorder

The currently available, both scientific and popular sources, can detect many definitions of anorexia. The basic definition of anorexia shows a condition occurring on the substrate and consisting of mental aware stringent reduce food intake, due to the strong focusing the appearance and weight. In the light of the latest research analysis results indicated that the definition should be modified, because many studies have shown that these people do not suffer from lack of appetite, the opposite is often the desire for food and hunger, but clearly consciously refuse to eat for fear of increasing importance, as well as deformation of the body [1]. Statistical data indicate that mental disorders against eating much more common in girls during puberty and young women.

The results of the data published by the Forum of Mental Health in 2003 selected determinants of perception of their own body indicate that people suffering from anorexia despite extreme emaciation, do not perceive themselves as ill, on the contrary gives them gain a sense of control over their body and food is a source of satisfaction, increasing satisfaction and pride. [Polish Mental Health Forum, 2003] In most cases, the environment in which you reside long anorexic does not notice the problem, despite significant weight loss long stay physically active. In the case of restrictions of food a few months, patients lose up to 40% by weight, and in extreme cases as much as 60% of ideal body weight [6].

Aspects of anorexia nervosa

As the progress and development of medicine they are still conducted numerous studies that have clearly bring etiology of anorexia nervosa. Most experts clearly indicates the multifactorial etiology, thereby taking into account the impact of individual factors, socio-cultural and family [2,3].

In addition to these factors, you should delve into a model that developed P. Slade. The author clearly shows that not only are important factors preceding the illness, as well as

exhibits related to the consequences of the symptoms that impede treatment. It has identified three types of agents: [2,3]:

- Predisposing factors (aspects)
 - biological
 - individualistic
 - family
- triggers
 - Social
 - Psychological
 - Biological
- factors supporting
 - *The discrepancy between the real and ideal image of the body* [2,3]

Diagnosing anorexia - selected aspects

The differential diagnosis is performed at the first visit the patient suspected of anorexia. Diagnosis should necessarily include the exact medical history of the patient and thorough physical examination. It is necessary to also complete psychological examination, as well as to refer the patient to consult psychiatric [5].

During the detailed examination should, so pay attention to such factors as:

- A. Current symptoms, measurement of weight, height (BMI rating)
- B. Exactly collected interview:
- C. Family history (including family relationships)
- D. Rating mental state:
- E. Additional studies [3]

Clinical picture and course

The clinical picture of anorexia nervosa is characterized by high variability of symptoms and dynamic course. However, it should be borne in mind that in most cases it is sometimes difficult to see. The course of disease may be varied nature, may consist of a single episode medium - chronic recurrence of the disease (eg. in difficulty) or may be alternated with periods of remission. At that time, it is noticeable to return to a normal weight and a picture of the disease lasting unabated causing lethal effects of exhaustion of the body [4,7].

Discussion

Based on the analysis of the survey you can determine the level of knowledge of secondary school age teenagers for anorexia nervosa and the presence of risk factors for these disorders. The results clearly indicate that the group most vulnerable to the occurrence of anorexia nervosa are young people. Most of the research is usually planned just for people in this age range. It is also known that the level of knowledge, as the views and beliefs of health affect health behavior. Most of the available research clearly indicates that teenagers have knowledge about eating disorders, which have the mass media. However, the level of knowledge is not fully sufficient. Past studies, which depicted the state of young people's knowledge about anorexia nervosa were conducted rarely, and focused on the older age groups. Hunt et al. In their work demonstrated that selective respondents have knowledge about the symptoms, causes, complications and treatment of anorexia nervosa. The test conducted by Selpulveda et al. in a group of 2,551 students aged 18-26.

The authors studied the attitudes of young people towards eating disorders and eating behavior checked. The results confirmed the static data that women were more likely than men to control body weight, are more prone to weight loss as well as the use of laxatives and diet. According to Garner et al. In the incidence of anorexia nervosa they play an important role psychological factors, neuroendocrine, predisposing environmental, family and culture, as well as the so-called triggers is why it is very important to just a group of teens age most vulnerable to the disease anorexia nervosa realize all risks associated with this disease. The results of the survey indicate that respondents are aware of, that the disease can even result in death. Therefore, it is important the role of education. Price et al. Studied adults employed in secondary schools and universities as advisors. Published their research results clearly indicate that the level of education and knowledge of the subjects on the issue of eating disorders is not sufficient. A disturbing fact is the situation, which drew attention of many authors. Namely that the mass media rarely present in eating disorders as an important medical aspect, and much more in an oversimplified or even sensational. Published their research results clearly indicate that the level of education and knowledge of the subjects on the issue of eating disorders is not sufficient. A disturbing fact is the situation, which drew attention of many authors. Namely that the mass media rarely present in eating disorders as an important medical aspect, and much more in an oversimplified or even sensational. Published their research results clearly indicate that the level of education and knowledge of the subjects on the issue of eating disorders is not sufficient. A disturbing fact is the situation, which drew attention of many authors. Namely that the mass media rarely present in eating disorders as an

important medical aspect, and much more in an oversimplified or even sensational. Schwartz et al. Describe that currently there is a very great need for the introduction of specially prepared well targeted educational programs on eating disorders that need to be addressed to a wide group of high school students and higher, and not only to specific age groups.

Summary

Secondary school students have a fragmentary knowledge of anorexia nervosa, which was won mainly thanks to the media. The mass media mainly transmit information which negatively affect the human eg. Look mismatched diets, weight loss cult. The mass media messages and their influence on the psyche of young women, where direct advertising value system and in combination with other determinants may contribute to the development of anorexia nervosa. The analysis of statistical data shows that there is a very large group of young people need education on the prevention of eating disorders, developing a positive body image. After all, there is no information on the state of knowledge of young people about eating disorders, including anorexia. In the available literature can be found only a single work on the subject. It is also important to present the risks posed by different methods inadequate diets, provide knowledge about the nature, symptoms, causes and consequences of anorexia, as well as providing information on specialized assistance centers for people with anorexia nervosa.

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