

# *Anorexia Nervosa*

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# *General characters*

Anorexia nervosa is an eating disorder characterized by **the fear of gaining weight** and a strong **desire to be thin**



Resulting in **food restriction**



Eating less than “normal” people do

# *Food restriction*

What is a “**normal alimentation**”?

Eating enough in order to not lose weight

**CONTINUOUSLY**

Eating what you **WANT**

A food restriction behavior is the **OPPOSITE**

# Statistics


81% of 10 years old girls are afraid of begin fat.

In Italy 3 millions of people are affected from DCA (95,5% are women and 4,1% are men) and among this 2,3 millions are teenager.

102 cases on 100.000 inhabitants

**The next slides shouldn't  
be interpreted as the  
description of a  
stereotype of someone  
affected by anorexia**

# *Physical consequences* *psychological*

- ◉ Losing hair
- ◉ Dry skin
- ◉ Being always cold
- ◉ Losing weight ( *weight usual reaches the limits of the underweight*)
- ◉ General tiredness
- ◉ Depression
- ◉ Isolation from others
- ◉ But also  feeling a strong satisfaction in losing weight

*Who's affected by anorexia usually wants to be treated as a “normal” person.*

*He/she doesn't want to be forced to eat and to talk about his/her ill.*

*If a person wants to be helped and to heal, he will first try to do it by himself.*

# Sources

[https://en.wikipedia.org/wiki/Anorexia\\_nervosa](https://en.wikipedia.org/wiki/Anorexia_nervosa)

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