Dying to be Thin (video worksheet)

Introduction

_______ Percent below ideal body weight is considered _____________.

Anorexia Nervosa is the deadliest ______________ disorder.

_________________ and _________________________ are two sports associated with anorexia nervosa.

Video

What are 4 adjectives anorexics use to describe themselves?

Not eating causes a person to become mal________________.

Prolonged starvation leads to these health problems:

Anorexia is increasing by 36% every ___ years since the 1950’s.

____ Million people suffer from anorexia/bulimia.

Age’s _____ to _____ are the most vulnerable to anorexia.

Models have _____ % less body weight than the average American woman who weighs ______ pounds.

Celebrities idealize ________________.

Women are using the appetite as a _____________ and to _____________ different things.

At least, _____ out of every _______ girls will develop anorexia/bulimia often in the wake of _________________.

Dr. Kaye, found unusually high levels of ______________________________ which plays a role in ___________________ and _____________________. Increased serotonin levels also relates to obsessive, anxious _____________________________.

For patients with anorexia, weight ____________ is a crucial step toward recovery.

_______ % of anorexic patients will __________________ during the __________ year.
Anorexia is a complex __________________ and physical illness that requires a multidisciplinary ____________ to treat it which includes a psychotherapist, ________, Nurses, _____ therapist, body image specialist, and _________________.

Group and _________________ therapy are critical components of the treatment process.

Eleena was told to lose weight at the age of _____ to become a better dancer. Being ashamed of gaining weight she began to ________ or self-mutilate herself.

Anorexia/bulimia is _______ among men, but is __________________. Jockeys and weightlifters are two careers where men are more likely to have eating disorders.

For women, a loss of body _____ from dieting or ________________ exercise can cut down the production of the hormone __________________ which is crucial for bone __________ and menstruation.

Jennifer eats voraciously, but got into trouble when her workouts burned more ______________ then she _________________.

Studies have found that people developed an ________________ disorder as a child before developing anorexia.

Girls as young as ____ and _____ years old are dieting to lose weight even though they are at __________________ weight.

The dieting industry sells the ______________ of transformation.

Bulimia nervosa is characterized by __________ eating and _________________. ________________ frequently accompanies bulimia.

In addition to medication most people with bulimia benefit from _________________.

Dr. Walsh created an experiment which allowed patients to choose from a variety of food and to take as much as they wanted to eat. The result was ____________ calories or nearly _____ day’s worth of food was consumed in a ______________ sitting.

Small amounts of food empty into the ______ intestine. ___ ___ ___ (cholecystokinin) a hormone that helps transmit sensations of ________________ to the brain.

Bulimia causes food to empty more __________ into the small intestine so less C C K is released. The message to the brain is ________________ so the person does not feel __________ and keeps _________________.
