

Discussion wk5



**ASSIGN
BUSTER**

Discussion on Complications of Eating Disorders Anorexia nervosa, bulimia nervosa, and binge-eating disorder are some of the most prevalent eating disorders. Anorexia nervosa is overwhelming fear of gaining weight. Affected individuals will do anything to avoid food in fear of adding weight.

Complications include low body mass index, abdominal distention, anemia, preeclampsia, depression, and other obstetric complications. Bulimia nervosa is characterized by systemic eating of large quantities of food and immediately attempting to rid of the food by means such as vomiting. This causes health complications such as hypokalemia, boerhaave syndrome, gastro paresis, dehydration among others. Binge eating disorder is characterized by eating a lot of food at once. Primary health problems include obesity, high cholesterol levels, gastrointestinal complications, osteoarthritis, and sleep apnea among others.

Eating disorders may lead to many health problems. For instance, Night eating syndrome may cause sleep apnea, abdominal distention, anemia, preeclampsia, and other obstetric complications. Compulsive overeating disorder may lead to obesity, high cholesterol levels, gastrointestinal complications, and osteoarthritis, among others. Bulimia nervosa may cause hypokalemia, boerhaave syndrome, gastro paresis, dehydration among others.

Undeniably, obesity has many health complications. However, measures to control obesity are sometimes predisposing factors to more problems.

Although I was quite familiar with some of the health complications associated with obesity, I had not realized that treatments for obesity could present worse complications. For instance, I have learned that homeopathic weight loss remedy by use of products containing the hormone (Human

chorionic gonadotropin) HCG can cause such serious health effects. It is therefore important to control obesity using appropriate methods (Hellminch, 2011). It also caught my attention that sedentary behavior is indeed a contributing factor towards overweight, obesity, and cardiovascular complications. Although this field is receiving heightened attention from researchers, it is evident that the complications result from failure to expend extra calories. Although sedentary behavior is not classified as an eating disorder, it can cause complications such as obesity that is often classified within the reams of eating disorders.

Reference

Hellminch, N. (2011). Feds crack down on homeopathic weight loss remedy. Retrieved from <http://yourlife.usatoday.com/fitness-food/diet-nutrition/story/2011-12-06/Feds-crack-down-on-homeopathic-weight-loss-remedy/51673962/1?csp=ip>