

Everyday choices revised



**ASSIGN
BUSTER**

1. What are some of the health problems associated with anorexia nervosa, bulimia nervosa, and binge-eating disorder? Explain, from a physiological standpoint, how eating disorders may lead to health problems. Give at least three examples to support your answer.

Eating disorders are illnesses that are caused by social conditions. This is orders is most common among young women because they it is in this stage when these young girls feel very vulnerable about their exterior look which is commonly dictated by a superficial society. In short, they have poor body image and low self-esteem. Nonetheless, eating disorders can also cause other health problems such as osteoporosis, heart disease and even mental illness. Osteoporosis is a calcium deficiency that makes anorexics more prone to it during and after their affliction.

Meanwhile, many medical complications related to bulimia is caused by electrolyte imbalance “ electrolyte imbalance and repeated purging behaviors” (“ Eating Disorders”). More so, because of frequent vomiting, levels of potassium in the body decreases in which it adversely affects the heart muscle that increases the chances for a cardiac arrest. People who overeat and at the same time suffer from with binge-eating disorder often has the feeling of being out of control and which is “ followed by feelings of depression, guilt, or disgust “(“ Eating Disorders”).

2. What does the Web site tell you about obesity that you were not aware of before? Explain what you have learned.

Based on the Obesity Society website, I have learned that a person can determine if he/she is obese by the mere measurement of his/her waist circumference. A measurement of 40 inches or higher is considered obese or <https://assignbuster.com/everyday-choices-revised/>

at risk of being overweight among men while women have relatively lower standard which is a waist measurement of 35 inches or greater. (“ Obesity Fact Sheets” 2008). Before this, I thought that the only way of knowing if you're obese or not is by weighing. It is very helpful that by this simple task, a person can be enlightened of his/her health's status. By just using a measuring tape, which is very accessible, a person can save or prolong his/her life. Another trivial information that I have learned was that “ obesity may also be somewhat protective against other forms of cancer.”

Based on the research, premenopausal women who falls in the category of heavy happen to have more protection against breast cancer compared to slimmer women (“ Obesity Fact Sheets” 2008). This is something contrary to public perception about obesity which is considered as a silent killer . It is ironic that the prevalence of a serious health threat such as cancer can be prevented or lessened by another health scare which is obesity. Science seems to work in mysterious ways.

More so, I have also learned that children as young as the age of three years old are greatly affected by weight stigma. I thought young adults and adults were the only ones who suffer from this dreadful social condition (“ Obesity Fact Sheets” 2008). I had this prior perception that children have the ability to ignore things that don't concern them. They mainly do goofy things or play with their toys to have some fun but I guess my assumption is not applicable in other situations. It is sad to see that children nowadays are also subjected to the weight stigma at such a tender age that unfortunately results to social isolation.