

Anorexia nervosa



**ASSIGN
BUSTER**

Specific Purpose : To inform my audience about anorexia nervosa and its impact of having it. Central Idea : To inform my audience about anorexia nervosa and the effects of having it. Introduction:

i. Introduction of anorexia nervosa ii. The symptoms of anorexia nervosa iii. The effects of having anorexia nervosa (Transition: Now, let's start with the introduction of anorexia.)

Body:

i. Introduction of anorexia

A. Anorexia Nervosa is an eating disorder that causes people to intentionally starve themselves or severely restrict their food intake.

B. Anorexia usually occurs at the time of puberty and involves extreme weight loss.

C. People who have this disorder have a fear of becoming overweight even though they are 15% below the average weight. (Transition: After knowing the introduction of anorexia, let's move on to the symptoms of anorexia.)

ii. The symptoms of Anorexia Nervosa

A. Being secretive around food and not seeing or wanting to talk about having a problem with eating or weight loss.

B. Weighing less than 85% of your expected body weight. (In a child or teen, losing or not gaining weight during a growth spurt is a concern.)

C. Restricting food or types of food, such as food that contains any kind of fat or sugar. (Transition: After knowing the symptoms of anorexia, let's discover more about the effects of having anorexia.)

iii. The effects of having anorexia

A. People suffering from this disease, after an extended period of time, suffer from an abnormally slow heart rate and very low blood pressure. This causes the heart muscle itself to change. The chance of heart failure rises as heart rate and blood pressure decrease.

B. Because of the lack of calcium in a person's diet, since they are not getting enough food in general, there is a great risk of reduced bone density, which is known as osteoporosis. This results in very dry and brittle bones which makes them very susceptible to breaking.

C. Most people who suffer from this disease not only don't eat enough but also don't even drink enough water. This can result in severe dehydration which can ultimately lead to kidney failure.

Conclusion:

In a nutshell, important relationships are eroded as the eating disorder takes up time and energy, brings about self-absorption, and impairs self-esteem. Treatment should be initiated as quickly as possible and aim to help the patient and family become powerful enough to overcome the eating disorder.

Bibliography

<https://assignbuster.com/anorexia-nervosa-essay-samples-3/>

[http://ezinearticles.com/? Eating-Disorders---Anorexia-Nervosa-Effects&id=124685](http://ezinearticles.com/?Eating-Disorders---Anorexia-Nervosa-Effects&id=124685)