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## *Anorexia*

### *Anorexia Nervosa (AN)*

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Anorexia Nervosa is a critical and potentially mortal illness. The disorder is related to emotionality and appetite which is the outcome of the dysfunctions in the neuronal processes. A state of some parts of the brain encounters structural modifications and unusual activity when in an anorexic state. Conditions such as seizures, numbness, and disordered thinking in the hands or feet is a sign of Anorexia Nervosa disorder. The disorder leads to the development of many brain regions including the posterior cingulate.

The diagnosis of other disorders is experienced differently among people in various regions. Anyone diagnosed with anorexia nervosa in eastern countries like Singapore, Malaysia, China, Japan, and India does not report high fat-phobic. However, people from the West diagnosed with anorexia nervosa are the opposite of people from the eastern (Phillipou et al., 2020). Culture in regions that are industrialized gets affected by eating disorders where people emphasize thinness which is linked to success. The thinness is supported by the information brought to the public in the media.

Anyone who has developed an eating disorder has a mental illness. Eating large quantities of food, within short periods, or rapidly is associated with an eating disorder. While we may think that such individuals do so by will, they are unable to control themselves from the habit of eating

too much (Streatfeild et al., 2021). Such disorders are linked to distress hence as a family member, the best action to take is to create time and spend with the person. It can help in relieving stress and create room for joy and happiness.

Anorexia nervosa disorder has been associated with individuals with a high level of harm avoidance. The personality trait is linked to worry, shyness, pessimistic thoughts, and doubts. People suffering from the disorder have limited social life networks and they have seclusion feelings. Many patients reported suffering from anorexia nervosa report having few friends compared to normal people who have reasonable friends.

Anorexia Nervosa is assessed by checking the latest changes in eating habits of a person and the selection of dietary preferences. An example is eliminating specific types of food from meals.

Apart from feeding, a person begins to make crazy comments about becoming “fat” or adding weight even when they are losing weight (Streatfeild et al., 2021). The disorder is easily detected through sudden changes in a person’s eating habits.

A person suffering from anorexia nervosa disorder develops challenges in the main organs of a system including psychological disturbance. The medical complication accounts for more than half of the anorexia nervosa deaths in healthcare facilities.

A treatment plan for anorexia nervosa is the stabilization of weight loss. It is recommended for patients to regain lost weight but eliminate binge eating habits and other patterns of unhealthy eating. It is supposed to have a defined pattern of feeding to avoid the disorder.

Apart from eating habits, anorexia nervosa can be caused by genetics, dieting, and life transitions. People with sound minds and good eating habits can suffer from the disorder and may have variations in health management (Phillipou et al., 2020). Anorexia nervosa is an obsession with something that leads to people focusing more on thinness even when it cannot be stopped. It is imperative to check on physical appearance when the body might be having health complications from inside. The most important aspect should be to focus on how to maintain and keep a healthy lifestyle despite the available choices. Dietary is the number one booster to life without eating disorders.

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## *References*

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