

Eating Disorder Awareness



Eat healthy
Live healthy
Be healthy

HOW CAN EATING DISORDERS AFFECT THE WORKPLACE?

Eating disorders can affect anyone. High-performing, dedicated employees may struggle with disordered eating and poor body image, impairing otherwise excellent performance. As with many illnesses, eating disorders have serious health effects that, gone untreated, may lead to lost productivity and long-term medical problems. Early intervention and treatment are the best measures to ensure proper management of medical problems and encourage recovery.

Medical complications of eating disorders may include, but are not limited to:

ANOREXIA NERVOSA Heart failure• Osteoporosis• Muscle loss and weakness• Kidney failure•

BULIMIA NERVOSA• Heart failure• Gastric rupture• Tooth decay• Peptic ulcers and pancreatitis•

BINGE EATING DISORDER Heart disease• Type II diabetes mellitus• Gallbladder disease• High cholesterol

Stay Well