

EATING DISORDERS IN MEN

Resources

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Southfield Center for Development

Offers individual therapy for
those that could be suffering
from an eating disorder
(203) 202-7654

Silver Hill Hospital

Offers inpatient and outpatient
care for men and women
suffering from eating disorders
(866) 542-4455

NEDA (National Eating Disorder) Helpline

(800) 931-2237

ANAD Eating Disorders Helpline

(630) 577-1330

In the United States, eating disorders will affect 10 million males at some point in their lives. These disorders often develop in adolescents and leaving them untreated can lead to serious physical and/or mental damage. Now is the time to look out for them, if you know someone who is showing signs of an eating disorder seek help today.

Binge Eating Disorder

Rapidly eating an amount of food that is significantly larger than a normal meal

Signs

- Weight gain
- Eating when full
- Hoarding food
- Hiding empty containers
- Frequently eating alone
- Lack of control when eating

Bulimia Nervosa

Binge eating followed by compensatory behavior like excessive exercise, purging, laxative use

Signs

- Dehydration/ Weakness
- Hoarding food
- Going to the bathroom immediately after meals
- Dental Issues
- Scars on fingers or knuckles

Anorexia Nervosa

Restriction of energy intake leading to significantly low body weight

Signs

- Dramatic weight loss
- Dry Skin and nails
- Feeling cold all the time
- Muscle weakness
- Yellow skin