

NOTICE THE ABSENCE OF SIZE, WEIGHT, SHAPE OR MEASUREMENTS

dancer | 'dɑːnsə | noun

Definition: One who moves rhythmically, usually to music, using prescribed or improvised steps or gestures.

*Did you know that dancers are up to 25 times more likely than other women to develop an eating disorder?**

Eating disorders have the highest mortality rate of all mental illnesses. Ironically, eating disorders start out looking like "healthy lifestyle choices". For this reason, many parents and friends of those that suffer from an eating disorder miss the early warning signs.

Is it "just a diet" or is it becoming a serious eating disorder?

Here are some of the warning signs to watch for:

- 1. Obsession with fat grams, calories and nutrition** - Reads food labels, weighs and measures food, keeps a food diary, is on a strict and rigid diet.
- 2. Pretending to eat or lying about eating** - Hides, plays with, or throws away food to avoid eating. Makes excuses to get out of meals.
- 3. Preoccupation with food** - Eats very little, but constantly thinks about food. May cook for others, collect recipes, and read or watch tv about food.
- 4. Strange or secretive food rituals** - Refuses to eat around others. Ritualistic eating (e.g. cutting food "just so", chewing food and spitting it out, using a specific plate).
- 5. Becoming more isolated. Withdrawing socially.**
- 6. Low mood or mood swings. Difficulty Concentrating.**
- 7. Frequent "checking" of appearance** - In the mirror or by touching parts of the body.
- 8. Signs of vomiting after a meal** - Consistently using the washroom after eating, running the water while in the washroom, smelling of mints or mouthwash after using washroom.
- 9. Compulsive exercising** - Follows a punishing exercise regimen aimed at burning calories. Will exercise through injuries, illness, and bad weather. Works out extra hard after bingeing or eating something "bad".
- 10. Significant weight loss with no medical cause.**

Eating Disorders CAN be successfully treated

The earlier someone gets treatment, the more successful the treatment is likely to be.

Get more information and resources, including treatment available in your community, from NEDIC (National Eating Disorders Information Centre) at www.nedic.ca



This information was prepared by the Dancewear Association of Canada (www.dancewear.ca) with generous help from the staff and participants of the Eating Disorder Program at North York General Hospital