

Beating the myths

...the truth about eating disorders



Eating disorders are not just a phase

Early intervention is vital to avoid the long term health consequences of eating disorders, like osteoporosis, heart and kidney damage, infertility and restricted growth.



Eating disorders are not a faddy diet

Eating disorders have the highest mortality rate of any mental illness. Without appropriate treatment, 1 in 5 sufferers will die prematurely.



Eating disorders do not just affect young women

Currently 1.15 million people in the UK have an eating disorder. 15% of these people are men.



Eating disorders are not a modern phenomenon

Eating disorders were first recorded in the 17th century. The pressures and pace of modern life have played a part in their increase.



Eating disorders are not caused by the media

Much needed research into the causes of eating disorders is helping us understand the many real reasons an eating disorder develops; genetic factors, personality traits and life events.



Eating disorders can be beaten

With the appropriate treatment and support, it is possible to make a full recovery from an eating disorder, and promising lives can be saved.