Dental Health in Teens
TEEN EATING DISORDERS

Share the Care
San Diego County Health and Human Services Agency
What Are Eating Disorders?

- Eating disorders occur when eating - or not eating - becomes a way of coping with a teen's problems in life
Who & What Influences Eating Disorders?

- Family members
- Peers/boyfriends or girlfriends
- TV/Media’s unrealistic Body Image
- Traumatic Life Events & Stress
The Most Common Types of Eating Disorders

- Anorexia Nervosa
- Bulimia Nervosa
- Binge or Compulsive Eating
Overview of Eating Disorders

• Anorexia Nervosa
  o Excessive exercise
  o Dry mouth and chapped lips
  o Eating far too little
  o Distorted body image

• Binge Eating
  o Uncontrollable eating
  o Eats large quantities of food when alone
  o Feels “out of control” and guilty when binging

• Bulimia Nervosa
  o Eats too much then purges
  o Weight stays stable between 2-3 pounds
  o Tooth decay
  o Oral sensitivity
  o Swollen salivary glands
Anorexia Nervosa
What is Anorexia Nervosa?

- The individual consumes minimal amounts of food
- An unwillingness to reach healthy body weight
- A fear of weight gain or "being fat", though underweight
- Having a distorted body image
Anorexia Nervosa Statistics

- 90-95% of sufferers are female
- Seen mostly in the early to mid-teen years, between the ages of 11-16
- Now seen as early as 7-9 years of age
- Between 1-2% of American women now suffer from Anorexia Nervosa
- Currently one of the most common psychological diagnoses in young women
- Becoming more common among young men
Signs and Symptoms of Anorexia Nervosa

- Consider themselves “fat” regardless of weight and/or size
- Eat very little or never seems hungry
- Rapid weight loss
- May constantly exercise
- Spends a lot of time alone
- Stop of menstrual periods
- Moody
- “Rewards” victims in that the worse it gets, the longer he/she starves themselves → the thinner he/she becomes
Health Consequences of Anorexia Nervosa

- Osteoporosis
  - Weak, brittle bones
- Loss and weakness of skeletal and heart muscle
- Severe dehydration and electrolyte imbalance
- Loss or thinning of hair on head
- Fainting, fatigue and overall weakness
- Increased body hair
- Dry hair and skin
- Irregular heart beat
- Cardiac arrest & death
Oral Problems Associated with Anorexia Nervosa

- Reddening of the gums and/or palate
- Dry mouth
- Dry, chapped lips
- Loss of jaw bone density, can lead to loose teeth or teeth falling out
- Increase in tooth decay
What is Bulimia Nervosa?

- Uncontrollable urge to overeat or “binge” at one sitting
- Body rids calories eaten by:
  - Vomiting
  - Abusing laxatives
  - Exercising excessively
  - Fasting
Bulimia Nervosa Statistics

- Approximately 80% of people who suffer from Bulimia Nervosa are female.
- 1-3% of middle and high school girls have bulimia.
- 4% of college-aged women have bulimia.
Signs and Symptoms of Bulimia Nervosa

- Constantly obsessed with food
- Eats large quantities of food secretly
- Hides food and seems “moody”
- Spends long time in bathroom after meals
- Tooth erosion caused from acid in vomit
- Calluses on back of hands or knuckles from self-induced vomiting
- Purges by: vomiting, abusing diuretics/laxatives or exercising compulsively
- Weight is stable, within 2-3 pound rise and fall
Health Consequences of Bulimia Nervosa

• Irregular bowel movements & constipation as a result of laxative abuse
• Dehydration from purging causing hospitalization to restore electrolyte (salt) balance
• Inflammation of the esophagus from frequent vomiting
• Can lead to Type II Diabetes
• May lead to obesity later in life
Oral Problems Associated with Bulimia Nervosa

- Erosion of tooth enamel from vomiting, leading to cavities & tooth loss
- Loss of enamel due to brushing immediately after vomiting
- Tooth sensitivity to hot & cold
- Swollen salivary glands
- Decreased salivary flow, causing dry mouth resulting in bad breath and cavities
- Redness of the throat
- Chapped, dry lips
What is Binge Eating?

• Uncontrollable eating - well past the point of comfort - without being followed by purge behavior
Binge Eating Statistics

• More **teens** suffer from binge eating than either anorexia nervosa or bulimia nervosa.

• Binge eating affects more **young women** than it does young men.

• An estimated **10-15%** of obese people have this disorder.
Health & Oral Consequences of Binge Eating

- Binge eating disorder often results in health & dental risks including:
  - High cholesterol and/or heart disease
  - Gallbladder disease
  - High blood pressure and stroke
  - Diabetes (can also slow healing in oral cavity after injury or dental work)
  - Increase in cavities when sticky, starchy or sugary foods consumed
Early detection and intervention is important and may include:

- Multi-disciplinary approach including physician, psychologist, dentist, nutritionist, nurse, social worker and occupational therapist
- Individual and family psychological and nutritional counseling
- Medications to relieve depression and anxiety
- Hospitalization when eating patterns may be life-threatening
- Weight restoration - critical to success!

Treatment chosen depends on each teen’s individual needs
THANK YOU!

QUESTIONS?
For Further Questions, Ask Your NURSE or HEALTH CARE PROVIDER

Q?  A!
Dental Health Initiative
Share the Care
San Diego Health and Human Services Agency

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Eating Disorders Help Lines

- Bulimia/Anorexia Self Help Hotline:
  800-227-4785
- Eating Disorders Hotline:
  800-448-4663
- Youth Crisis Line:
  800-HIT-HOME
- Thursday’s Child National Call Center for at Risk Youth:
  800-USA-KIDS
- Boys and Girls Town National Hotline:
  800-448-3000
- The National Mental Health Association Information Center:
  800-969-NMHA
Websites with Additional Eating Disorder Information

- **National Eating Disorders Association (NEDA):**
  [http://www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

- **Young Women’s Health:**
  [http://www.youngwomenshealth.org/eating_disorders.html](http://www.youngwomenshealth.org/eating_disorders.html)

- **Eating Disorders**