

Mayo Clinic Medical Edge

Anorexia

1:00

Log

Audio

<p>Intro with music</p>	<p>GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.</p>
	<p>IT SEEMS LIKE EVERYONE IS ON ONE DIET OR ANOTHER THESE DAYS... EVEN HIGH SCHOOL KIDS. BUT DID YOU KNOW THAT'S ALSO A TIME WHEN MANY GIRLS DEVELOP EATING DISORDERS SUCH AS ANOREXIA.</p>
<p>Leslie Sim, Ph.D. Track 2 (2:32)</p>	<p>"WE OFTEN CALL THEM DISORDERS OF EXCELLENCE. IT'S HARD TO SEE YOUR DAUGHTER HAVING A PROBLEM WHEN THEY'RE TOP STUDENTS, WHEN THEY'RE INVOLVED IN EXTRACURRICULAR ACTIVITIES, AND THEY'RE DOING EVERYTHING ELSE IN THEIR LIVES CORRECTLY</p>

	OR EVEN AT AN EXCEPTIONAL LEVEL.”
	MAYO CLINIC DR. LESLIE SIM SAYS PATIENTS THEMSELVES OFTEN DON'T RECOGNIZE THE PROBLEM.
Dr. Sim Track 2 (2:12)	“THE MAJORITY ARE IN DENIAL ABOUT THE SERIOUSNESS OF THE PROBLEM.”
	AS A PARENT, BE ALERT FOR CLUES LIKE A PREOCCUPATION WITH WEIGHT OR SHAPE, ANXIOUS BEHAVIOR AT MEALTIMES OR SKIPPING MEALS. AND LISTEN TO WHAT OTHERS HAVE TO SAY. OFTEN FRIENDS OR TEACHERS MAY NOTICE CHANGES BEFORE YOU DO.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I'M VIVIEN WILLIAMS.