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“ANOREXIA AND BULIMIA”

BULIMIA AND ANOREXIA ARE EATING DISORDERS THAT HAVE SERIOUS EMOTIONAL AND PHYSICAL PROBLEMS. THEY CAN ALSO EFFECT THE LOOK AND HEALTH OF YOUR TEETH.

ANOREXIA IS CHARACTERIZED BY SELF-STARVATION AND EXCESSIVE WEIGHT LOSS. BY STARVING ONESELF, YOUR BODY DOESN'T RECEIVE THE VITAMINS, MINERALS, OR PROTEINS IT NEEDS. THIS MAY CAUSE DAMAGE TO TEETH, MUSCLES, AND INTERNAL ORGANS.

WITH BULIMIA, PEOPLE BINGE. EAT LARGE AMOUNTS OF FOOD IN A SHORT AMOUNT OF TIME, THEN PURGE IT FROM THEIR BODY, OFTEN BY SELF-INDUCED VOMITING.

STOMACH ACIDS ARE STRONG AND BY REPEATED VOMITING, TOOTH ENAMEL CAN BE DISSOLVED AWAY. EVENTUALLY TEETH CAN BECOME WORN AND TRANSLUCENT. ALSO, THE SOFT TISSUES OF THE MOUTH CAN BECOME SWOLLEN OR DRY AND BAD BREATH RESULTS.

IF YOU ARE SUFFERING OR KNOW OF ANYONE WHO SUFFERS FROM BULIMIA OR ANOREXIA PLEASE SEEK PROFESSIONAL HELP!

FOR THE ADA DENTAL MINUTE, I'M DR. MARIA LOPEZ HOWELL.

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