

Eating Disorders in Older Adults

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Types of Eating Disorders

- ❖ Anorexia Nervosa
- ❖ Bulimia Nervosa
- ❖ Binge eating disorder
- ❖ Avoidant Restrictive Food Intake Disorder (ARFID)
- ❖ Other Specified Feeding or Eating Disorder (OSFED)

Menopause is the most common trigger in older adults developing an eating disorder



Eating disorders among aging adults fall in three categories:

- ❖ Those who were already struggling with an eating disorder
- ❖ Those who recovered, but are relapsing
- ❖ Those who developed an eating disorder

Treatment

- ❖ Pharmacological and behavioural interventions
- ❖ Medication
- ❖ Family Therapy
- ❖ Inpatient or outpatient services



Warning Signs

- ❖ Increase or Decrease in weight over a short period of time
- ❖ Eating alone
- ❖ Depression and Anxiety
- ❖ Using diuretics or laxatives
- ❖ Disappearing after meals

