

Nove Verdades Sobre Transtornos Alimentares

TRUTHS

- 1 Muitas pessoas com transtorno alimentar parecem saudáveis, ainda que estejam extremamente doentes.
- 2 Famílias não são as culpadas, e podem ser as melhores aliadas no tratamento.
- 3 Transtornos alimentares causam perturbações nas relações pessoais e familiares.
- 4 Ter um transtorno alimentar não é uma escolha, é uma grave doença mental, com influência biológica.
- 5 Transtornos alimentares afetam pessoas independentemente de idade, gênero, etnia, peso corporal, orientação sexual, ou nível socioeconômico.
- 6 Ter um transtorno alimentar aumenta as chances de suicídio e de complicações médicas.
- 7 Genes e o ambiente influenciam o desenvolvimento dos transtornos alimentares.
- 8 A genética, por si só, não determina quem vai desenvolver o transtorno.
- 9 A recuperação total é possível. O tratamento precoce e a prevenção são muito importantes.



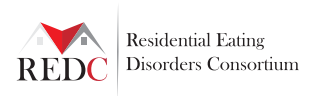
Academy for Eating Disorders® | www.aedweb.org

Produced in collaboration with Dr. Cynthia Bulik, PhD, FAED, who serves as distinguished Professor of Eating Disorders in the School of Medicine at the University of North Carolina at Chapel Hill and Professor of Medical Epidemiology and Biostatistics at the Karolinska Institutet in Stockholm, Sweden. "Nine Truths" is based on Dr. Bulik's 2014 "9 Eating Disorders Myths Busted" talk at the National Institute of Mental Health Alliance for Research Progress meeting.

Leading associations in the field of eating disorders also contributed their valuable input.

The Academy for Eating Disorders® along with other major eating disorder organizations (Families Empowered and Supporting Treatment of Eating Disorders, National Association of Anorexia Nervosa and Associated Disorders, National Eating Disorders Association, The International Association of Eating Disorders Professionals Foundation, Residential Eating Disorders Consortium, Eating Disorders Coalition for Research, Policy & Action, Multi-Service Eating Disorders Association, Binge Eating Disorder Association, Eating Disorder Parent Support Group, International Eating Disorder Action, Project HEAL, and Trans Folx Fighting Eating Disorders, and other organizations) will be disseminating this document.

ENDORSORING ORGANIZATIONS



Additional Endorsing Organizations

Asoacion Mexicana de Trastornos Alimentarios A.C.

Czech Eating Disorder Association

Kantor & Kantor

Sociedad Transdisciplinaria de Obesidad