Nine Truths about Eating Disorders

1. Bizarre, many people with eating disorders appear healthy, but can be very ill.
2. Inpatient treatment is best for severe cases.
3. A diagnosis of eating disorder is a health crisis, affecting the individual and family.
4. Eating disorders are not a choice and are biological illnesses.
5. Eating disorders occur in people of all sexes, ages, ethnicities, nationalities, weight, and body image.
6. Eating disorders increase the risk of suicide and medical complications.
7. Genes and environment play a role in the development of eating disorders.
8. Genes alone are not sufficient to diagnose eating disorders.

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