



SHAC Newsletter

Newsletter of the Student Health and Counseling Center

February 2015

Inside This Issue

American Heart Month

Eating Disorder Week

"Heart Disease takes more lives than all forms of cancer combined" -AHA

"91% of women surveyed on a college campus had attempted to control their weight through dieting"

Steps to a More Positive Body Image:

1. Remind yourself that "true beauty" is not simply skin-deep
2. Surround yourself with positive people
3. Wear clothes that are comfortable and that make you feel good about your body
4. Become a critical viewer of social and media messages
5. Do something nice for yourself

Source:
www.nationaleatingdisorders.org

American Heart Month

February is American Heart Month

Did you know?

- 1 in 3 women die of heart disease and stroke each year
- National wear red day is the first Friday in February to raise awareness about heart disease being the No.1 killer of women
- Uncontrolled blood pressure is the leading cause of heart disease and stroke
- High blood pressure often shows no signs or symptoms so having your blood pressure checked regularly is important
- The American Heart Association recommends 30 minutes of exercise most days of the week to prevent heart disease and stroke
- Quitting smoking is a good way to reduce the risk of heart attack and strokes
- Being active a few days a week lowers the risk of heart disease and stroke in women

Sources: <http://www.cdc.gov/features/heartmonth/>, <http://www.heart.org/HEARTORG/>

National Eating Disorder Awareness Week (February 22-28)

In the US, 20 million women and 10 million men suffer from an eating disorder at some time in their life

What is Disordered Eating?

When a person's attitudes about food, weight, and body size lead to very rigid eating and exercise habits that jeopardize one's health, happiness, and safety

Anorexia Nervosa

Characterized by distorted body image and excessive food restriction/dieting that leads to severe weight loss with a pathological fear of becoming fat. Anorexia usually starts slowly with some dieting and food restriction as a way to control one's body weight and shape and ultimately the disorder itself takes control and the chemical changes in the body affect the brain and distort thinking, making it almost impossible for the individual to make rational decisions about food or stop the behaviors on their own

Bulimia Nervosa After binge-eating a large quantity of food to fill the emotional or hunger gap, the urge to immediately get rid of the food by vomiting or taking laxatives (or both) in an attempt not to gain weight

Binge Eating Disorder (BED) Recurring episodes of eating significantly more food in a short period of time than most people would eat under similar circumstances, with episodes marked by feelings of lack of control, guilt, embarrassment, disgust, secrecy/hiding of behavior

Compulsive Exercise- Exercise beyond the requirements for good health; when activity ceases being fun, and becomes an obligation to keep body weight down

If you are concerned about your eating behavior, you can complete a free, online, confidential [screening here](#)

For more information on eating disorders, follow NEDAW postings on the [SMU Student Services Facebook Page](#)