

## **Anorexia in modern society**

*Rogozhkina Mariya Ivanovna, Pugovkina Valeriya Vadimovna*

*Belarusian State Medical University, Minsk*

*Tutor - Senior Researcher Sayanova Galina Ivanovna, Belarusian State Medical University, Minsk*

### **Introduction**

Anorexia is one of the severe mental and physical diseases, which has obtained global scales in modern society. Doctors consider 2-5% (250 million) of girls and women suffer from anorexia in civilized communities. Girls fall ill more often than boys: the ratio of men and women is 1:10. Furthermore doctors affirm the number of patients has increased in recent decades; this fact has been named “anorexic explosion of population”. This research is relevant not only because of the above reasons, but also because about 1000 new cases of anorexia are fixed every year in the Republic of Belarus.

### **Aim of the study**

To identify the connection in people's attempts to meet the standards of beauty and impairments of mental and physical health.

### **Materials and methods**

1. Analysis of scientific literature on the research topic;
2. Studying the Content of Media;
3. Carrying out a sociological survey among schoolchildren, students and adults;
4. Analysis of the results of the survey;
5. Carrying out a survey among people who have suffered from anorexia.

**Results** The results of the sociological survey showed that a large number of respondents in all groups didn't think the parameters 90-60-90 were ideal. At the same time, in a teenage group most girls want to reduce weight and some of them are ready to take radical measures (refuse to eat, follow a strict diet). This fact suggests that the ideal of a thin body increases. Among the reasons for reducing weight beauty and the desire to feel better mentally are in the first place.

### **Conclusion**

Anorexia is a serious disease, which is accompanied by the following physiological changes: cachexia (a state of deep exhaustion and physical weakness of the body), bradycardia, arterial hypotension, cyanosis (bluish skin), dry skin, the disappearance of subcutaneous fat, hair loss, atrophy of muscles and internal organs, swelling, hemorrhages, various endocrine and metabolic disorders.

There aren't any medical methods of treatment. The disease can be avoided, but it is necessary to carry out preventive measures. People should be provided with reliable information about the existing problem and its consequences and have an opportunity to consult a psychotherapist. The best way to maintain the health of the body is a healthy lifestyle which includes a healthy diet and doing sports.