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ANOREXIA NERVOSA

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Relevance. Anorexia, formally known as anorexia nervosa, is an eating disorder. People with anorexia limit the number of calories and the types of food they eat. Eventually, they lose weight or cannot maintain an appropriate body weight based on their height, age, stature and physical health. They may exercise compulsively and/or purge the food they eat through intentional vomiting and/or misuse of laxatives. Individuals with anorexia also have a distorted self-image of their body and have an intense fear of gaining weight. Anorexia is a serious condition that requires treatment. Extreme weight loss in people with anorexia can lead to malnutrition, dangerous health problems and even death.

Aim: our study was aimed to estimate the prevalence of abnormal eating behavior in Belarusian State Medical University students.

Materials and methods. To assess the situation we used scientific articles, reports and documentaries. The research methods were as follows: analysis, synthesis and generalization of information from the above sources.

Results and their discussion. A sociological survey was conducted. Based on the obtained data visual graphs were built. Despite the relatively low response rate, the study highlights an underrated health problem among BSMU students. Further research and a larger sample size are needed to evaluate other risk factors including the history of any kinds of trauma, caffeine, nicotine or stimulant use which may be appetite suppressants.

Conclusion: follow up studies should be carried out to assess raising awareness of eating disorders among medical students. It is also required to develop better prevention and treatment strategies of the above pathology.