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EATING DISORDERS IN OBESITY AND THEIR TREATMENT

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Relevance. One of the most serious problems of eating disorders in Belarus is obesity. Eating disorders are serious psychological problems associated with an incorrect attitude towards food and one's body. The problem of eating disorders among young people is growing every year. Today more than 25% Belarusians suffer from obesity. This figure is growing every year. According to the forecasts of experts of the World Health Organization, by 2030 the number of obese young people will increase to 50%.

Aim: to obtain statistical data on the presence of eating disorders and obesity among young people, the main causes of problems with eating behavior, as well as the impact of the problem of overweight on the mental and physical state of people.

Materials and methods. Internet websites, scientific articles and literature, documentary films and video devoted to this problem have been studied. To assess the severity of the problem we created an online test, consisting of 1 open, 12 dichotomous questions and 7 closed questions. This type of research is quite informative and the most convenient.

Results and their discussion. 32 people, at the age of 16-21, have been tested, 66% of whom are female and 34% are male. According to the results of the study, we have found out that more than 90% of the people have problems related to an eating disorder. About 50% are overweight, 37% of people have bouts of uncontrolled overeating and only 3% are trying to solve this problem.

Conclusion. Based on the results of testing and studying information from various sources, we have come to the conclusion that most people are obese. The fight against obesity requires special attention, as this problem can significantly worsen a person's quality of life, causing problems with health, self-esteem and social adaptation. All this is difficult both physically and mentally, so in such cases, help is needed. Effective care is always comprehensive and includes psychotherapy, drug support and reflexology. Restoring normal eating behavior and weight loss is a series of sequential steps that take on the average 2-3 months. The main type of treatment for eating disorders is behavioral modification. Its main essence is the gradual change of the patient's incorrect lifestyle. First of all, this concerns correcting a disturbed food stereotype, reducing the dominant role of food motivation, and eliminating incorrect connections between emotional discomfort and eating. It is advisable to give the patient new eating skills gradually. The main task of the doctor is to form the correct lifestyle of the patient. The long-term therapeutic effect is directly related to how familiar a new, correct style of nutrition and physical activity will become for the patient.