

FOR USE IN WEEK STARTING

April 11, 2011

<h1>Ask Dr.</h1>
(photo)                      By _____

NOTICE  
COLUMNS MAY BE USED ONLY DURING THIS  
QUARTER, AND ONLY IF LICENSE FEES, AS BILLED,  
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## ANOREXIA, BULIMIA AND YOUR TEETH

**Q:** Can an eating disorder affect dental health?

**A:** In addition to the serious impact an eating disorder can have on your general health, it can also have a direct effect on your teeth. Anorexia nervosa and bulimia are two of the most common eating disorders. Bulimia always involves induced vomiting. Anorexia nervosa may involve vomiting. The stomach acid generated in vomiting can erode teeth. Although these conditions can occur in males, they are most common in adolescent females and those in their 20's.

Anorexia nervosa is a condition characterized by an irrational fear of gaining weight. A person with the condition will push herself to a state of malnutrition by not eating, or by using laxatives or forced vomiting to avoid weight gain.

Bulimia is a condition in which a person will binge-eat but then induce vomiting. This heavy pattern of consistent vomiting will have noticeable effect on teeth. It will leave them worn and yellow. A dentist, in fact, may be the first health-care provider to notice these signs of an eating disorder. And this is just one example of symptoms a dentist might notice that reveal a previously undetected health problem. Regular dental visits are an important part of your overall health strategy.

Presented as a service to the community by

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(name, address, phone)