



FORM 4

ENGLISH  
READING COMPREHENSION

**Read the following text and answer the questions on the main paper.**

Millions of people in the United States are affected by eating disorders. More than 90% of those afflicted are adolescents or young adult women. Although all eating disorders share some common manifestations, anorexia nervosa, bulimia nervosa, and binge eating each have distinctive symptoms and risks.

5 People who intentionally starve themselves (even while experiencing severe hunger pains) suffer from anorexia nervosa. The **disorder**, which usually begins around the time of puberty, involves extreme weight loss to at least 15% below the individual's normal body weight. Many people with the disorder look quite thin but are convinced they are overweight. In patients with anorexia nervosa, 10 starvation can damage vital organs such as the heart and brain. To protect itself, the body shifts into slow gear: Menstrual periods stop, blood pressure rates drop, and thyroid function slows. Excessive thirst and frequent urination may occur. Dehydration contributes to constipation, and reduced body fat leads to lowered body temperature and the inability to withstand cold. Mild anaemia, swollen 15 joints, reduced muscle mass, and light-headedness also commonly occur in anorexia nervosa. Anorexia nervosa sufferers can exhibit sudden angry outbursts or become socially withdrawn. One in ten cases of anorexia nervosa leads to death from starvation, cardiac arrest, other medical complications, or suicide. Clinical depression and anxiety place many individuals with eating disorders at 20 risk for suicidal behaviour.

People with bulimia nervosa consume large amounts of food and then rid their bodies of the excess calories by vomiting, or exercising obsessively. Individuals with bulimia who use drugs to stimulate vomiting, bowel movements, or urination may be in considerable danger, as this practice increases the risk of 25 heart failure. Dieting heavily between episodes of bingeing and purging is common. Because many individuals with bulimia binge and purge in secret and maintain normal or above normal body weight, **they** can often successfully hide their problem for years. But bulimia nervosa patients - even those of normal weight - can severely damage their bodies by frequent binge eating and purging. Psychological effects include compulsive 30 stealing as well as possible indications of obsessive-compulsive disorder, an illness 35



40 characterized by repetitive thoughts and behaviours. Obsessive compulsive disorder can also accompany anorexia nervosa. As with anorexia nervosa, bulimia typically begins during adolescence. Eventually, half of those with anorexia nervosa will develop bulimia. The condition occurs most often in women but is also found in men.

45 Binge-eating disorder is found in about 2% of the general population. As many as one third of this group are men. It also affects older women, though with less frequency. This disorder differs from bulimia because its sufferers do not purge. Individuals with binge-eating disorder feel that they lose control of themselves when eating. They eat large quantities of food and do not stop until they are uncomfortably full. Most sufferers are overweight or obese and have a history of weight fluctuations. As a result, they are prone to the serious medical problems associated with obesity, such as high cholesterol, high blood pressure, and diabetes. Obese individuals also have a higher risk for gall bladder disease, heart disease, and some types of cancer. Usually they have more difficulty losing weight and keeping it off than other people. Like anorexic and bulimic sufferers who exhibit psychological problems, individuals with binge-eating disorder have high rates of simultaneously occurring psychiatric illnesses, especially depression.

