



ST. NICHOLAS COLLEGE  
NAXXAR BOYS' SECONDARY SCHOOL  
HALF YEARLY EXAMINATIONS 2015

TRACK  
3

FORM 4

ENGLISH  
READING COMPREHENSION

Read the following texts and answer the questions in the main paper.

TEXT A

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 emaciated but are convinced they are overweight. In patients with anorexia  
10 nervosa, 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  
15 anaemia, swollen 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Anorexia nervosa sufferers can exhibit sudden angry outbursts or become socially withdrawn.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  
20 depression and anxiety place many individuals with eating disorders at risk for suicidal behaviour.

People with *bulimia nervosa* consume large amounts of food and then rid their bodies of the excess calories by vomiting, abusing laxatives or diuretics, taking enemas, or exercising obsessively. Some use a combination of all these  
25 forms of purging. 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 heart failure. Dieting heavily between episodes of bingeing and purging is common.

Because many individuals with bulimia binge and purge in secret and  
30 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. In rare instances, binge eating causes the stomach to rupture; purging may result in heart failure due to loss of vital minerals such as potassium. Vomiting can cause the  
35 oesophagus to become inflamed and glands near the cheeks to become swollen. As in anorexia nervosa, bulimia may lead to irregular menstrual periods. Psychological

effects include compulsive stealing as well as possible indications of obsessive-compulsive disorder, an illness characterized by repetitive thoughts and behaviours. Obsessive compulsive disorder can also accompany anorexia nervosa. As with  
40 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.

**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  
45 less frequency. Recent research shows that binge-eating disorder occurs in about 30% of people participating in medically supervised weight-control programs. 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  
50 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  
55 off than do people with other serious weight problems. Like anorexic and bulimic sufferers who exhibit psychological problems, individuals with binge-eating disorder have high rates of simultaneously occurring psychiatric illnesses, especially depression.

### **TEXT B** **Eating Disorders Statistics**

- ☞ 1 in 5 women struggle with an eating disorder or disordered eating.
- ☞ Eating disorders affect up to 24 million Americans and 70 million individuals worldwide.
- ☞ An estimated 10 to 15% of people with anorexia or bulimia are male.
- ☞ 90% of those who have eating disorders are women between the ages of 12 and 25.
- ☞ It is estimated that currently 11% of high school students have been diagnosed with an eating disorder.
- ☞ 15% of young women in the US who are not diagnosed with an eating disorder display substantially disordered eating attitudes and behaviours.
- ☞ A study conducted by Cornell University found that 40% of male football players surveyed engaged in some sort of disordered eating behaviour.
- ☞ The most common behaviour that will lead to an eating disorder is dieting.
- ☞ The diet related industry is a 50 billion dollar a year enterprise.
- ☞ According to a recent study, over 1/2 the females between the ages of 18-25 would prefer to be run over by a truck than be fat, and 2/3 surveyed would rather be mean or stupid.
- ☞ 51% of 9 and 10 year-old girls feel better about themselves if they are on a diet.
- ☞ 42% of 1st-3rd grade girls want to be thinner.