



The Emily Program

Personalized treatment for eating disorders.

Do males have eating disorders?

Approximately 10 percent of people with eating disorders are boys and men. Like females, they have a distorted sense of body image. Some men and boys with an eating disorder want to lose weight, while others want to gain weight or "bulk up;" raising the risk for using steroids or other dangerous drugs to increase muscle mass.

Males with eating disorders exhibit many of the same emotional, physical and behavioral signs and symptoms as females. However, since this is seen stereotypically as a "female" disorder, males are less likely to be diagnosed correctly and to seek help.

For more information about males and eating disorders, check out these articles:

Boys, Body Image, and Eating Disorders, by Cris Haltom, PhD:

http://www.eatingdisorderhope.com/article_boys-body-image-eating-disorders.html

A Silent Problem, by Ted Weltzin, MD:

http://www.eatingdisorderhope.com/article_silent_problem.html

Remember that recovery from eating disorders is possible. There's help. There's hope.