Upper Valley Medical Center
Premier Health Partners

UVMC Center for Sports Medicine

Your Home Town Sports Medicine Team

450 N. Hyatt St., Suite 102 • Tipp City, Ohio, 45371 • (937) 667-2614 • UVMC.com

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Athletes' Eating Disorders

By: Annette Bair, MS, AT, ATC

Currently, one in 20 young women has an eating disorder. Nearly 20 million women will struggle with an eating disorder at some point in their life. But, it's not just a women's disease, 10-15% of all those diagnosed with eating disorders are men. Of those diagnosed, 86% have an on-set by age 20. The three most common eating disorders are Anorexia nervosa, Bulimia nervosa and Binge Eating Disorders. In athletics, eating disorders are most commonly found in aesthetic sports like gymnastics, ballet, figure skating and followed closely by wrestling, cross-country/track, cycling and football. The effects of eating disorders can not only effect performance in an athlete, but can be devastating. Eating disorders are considered a mental illness, but treatment is available. Early intervention leads to a better chance of recovery.

Effects of an Eating Disorder:

1. Cardiovascular problems: Hypotension, tachycardia, arrhythmias, Mitral Valve Prolapse
2. Cognitive/Brain changes: Poor concentration, slowing of mental processing, numbing, sleep disturbances, lack of energy
3. Dehydration: Shakiness, rapid pulse, fatigue headaches
4. Gastro-Intestinal: Constipation, reflux, pancreatitis, gall bladder disease, ulcers, hiatal hernia
5. Dental problems, Skeletal system complications and reproductive system complications
6. Depression and anxiety
7. Suicide

Signs and Symptoms of an Eating Disorder:

1. Dramatic weight loss
2. Poor body image
3. Preoccupation of food
4. Frequent comments about feeling fat
5. Excessive training/exercise
6. Binge eating
7. Frequent trips to the bathroom
8. Calluses/sores on the back of hand/knuckles
9. Restrictive/rigid eating
10. Fainting, dizziness, dehydration
11. Amenorrhea
12. Fatigue beyond what's normally expected in training
13. Muscle weakness
14. Overuse injuries/stress fractures

For more information on eating disorders contact the Academy for Eating Disorders: www.aedweb.org.
Or, the National Association of Anorexia Nervosa and Associated Disorders: www.anad.org.

For treatment options: www.nationaleatingdisorders.org or www.eatingdisorderhope.com.

UVMC Center for Sports Medicine
Summer Sports Enhancement and Injury Reduction Programs

EXPLOSIVE SPEED & POWER (ESP) Sports Enhancement Program

- For high school, college and professional athletes.
- Features the same type of off-season workouts used by elite Division I programs, utilizing Olympic lifts and core body strengthening techniques to improve power and strength.
- Proper running mechanics/ground based speed drills, plyometric jumping techniques and flexibility exercises are practiced to improve speed, agility, vertical jump and flexibility.

EXPLOSIVE SPEED & POWER JR. (ESP Jr.) Sports Enhancement Program

- For 7th and 8th graders.
- Utilizes age-appropriate strengthening activities and emphasizes education on proper form and techniques as well as injury prevention.
- Proper running mechanics/ground based speed drills, plyometric jumping techniques and flexibility exercises are practiced to improve speed, agility, vertical jump and flexibility.

SPORTSMETRICS™ Knee Injury Reduction Program

- Comprehensive training program specially designed for female athletes.
- Scientifically proven to reduce knee injuries and improve performance for sports that involve pivoting, cutting or jumping, such as soccer, basketball and volleyball.
- Combines dynamic warm-up with plyometric drills, strength training and flexibility exercises.

For more program information or to register, call 667-2614 or 440-7152.
Program information and registration forms available online at www.UVMC.com/sportsmedicine

TEAM OF THE MONTH

The UVMC Center for Sports Medicine would like to congratulate the following teams from the area for their outstanding achievements and selection as Team of the Month:

September 2013: **Covington Buccaneers Football Team**

October 2013: **Troy Trojans Volleyball Team**

November 2013: **Russia Raiders Boys & Girls Cross Country Teams**

December 2013: **Troy Christian Eagles Wrestling Team**

January 2014: **Bradford Railroaders Girls Basketball Team**

February 2014: **Covington Buccaneers Wrestling Team**

March 2014: **Russia Boys' Basketball Team**