

Mayo Clinic Minute

What to do if your teen has an eating disorder

Video	Audio
	More than half of all American teens will exhibit concerning disordered eating.
	Parents don't often see the damage even relatively mild eating disorders can cause.
00:08:28 Jocelyn Lebow, Ph.D. Child Psychology Mayo Clinic	"They can have long-term effects on your GI system, on your reproductive system. The things that we really worry about is obviously there's a lot of cardiovascular complications. A lot of kids have arrhythmias or can have heart attacks."
	It can also affect bone density.
	Dr. Jocelyn Lebow, a Mayo Clinic child psychologist who specializes in treating eating disorders, says 1 in 5 teens with severe eating disorders will die, mostly from suicide.
00:00:00 (clip 3) DR. JOCELYN LEBOW_3: --	"One of the biggest myths about eating disorders is that they're choices. Your brain is impacted. When we look at an MRI scan of someone with anorexia, their brain looks different."
	That's why she says it's important for parents to pay attention to their teen's eating habits.
	If you suspect your child has an eating disorder, treat it as you would any other serious disease, like diabetes or cancer, and get them help.
00:07:19 DR. JOCELYN LEBOW_3:	"Take your kid to get evaluated. Don't hesitate. We know early intervention is key. So overreact."
	For the Mayo Clinic News Network, I'm Ian Roth.