

**Mayo Clinic Minute: Eating disorders affect males and minorities, too**

<b>VIDEO</b>	<b>AUDIO</b>
Dr. Sim	“Eating disorders come in all shapes and sizes.”
<b>Jason</b>	Dr. Leslie Sim, a Mayo Clinic child psychologist, says 10% of anorexia cases and 30% of patients with binge eating disorder are males.
<b>Leslie Sim, Ph.D. Psychology Mayo Clinic</b>	“Men are also subject to a lot of the cultural messages in our society about leanness and muscularity, and being thin.”
<b>Jason</b>	She says roughly 25% of people who struggle with eating disorders are also racial minorities.
<b>Dr. Sim</b>	“Unfortunately, the stereotype, again, is quite harmful in that we think eating disorders only affect young, thin girls and women. And that, I think, deters a lot of people from getting help.”
<b>Jason</b>	No matter what your gender or race is, eating disorders can have life-threatening complications.
<b>Dr. Sim</b>	“If they are concerned at all that their eating is starting to get in the way of their life in any way, that what I’d like them to know is that eating disorders are very treatable conditions.”
<b>Jason</b>	For the Mayo Clinic News Network, I’m Jason Howland.