

Deadly conditions

Perception that eating disorders only affect females leaves males at risk

Society's perception of an individual with an eating disorder, is that of a thin, frail female. In this conjecture lies a problem: today, an increasing number of males are suffering from eating disorders once thought to affect only females.



LAUREN ESPOSITO

Twenty years ago, the rule of thumb was that for every 15 women with an eating disorder there was one man to correspond with them. That number has significantly increased to one male for every four females with anorexia, and one male to every eight to 11 females with bulimia, according to the American Journal of Psychiatry. Psychiatrists also state that 20 percent of anorexia cases are male; this is twice the number estimated a decade ago.

While so much emphasis is placed on watching women who lose too much weight too quickly, there should also be the same amount of concern shown to any man who happens to do the same thing.

It is estimated that 2 percent of men in the United States are afflicted with an eating disorder, compared to 5 percent of women. Almost half as many men as women are affected with a disorder and little to no attention has been given to them, according to the Anorexia Nervosa and Related Eating Disorders Inc. Web site.

While men with eating disorders are becoming more prevalent, health care professionals

still do not expect to see this disease in a man and are often misdiagnosing them. Many males are also reluctant to admit that they

have this problem because it has historically been seen as a feminine problem.

"It is still primarily a female issue, but it is affecting more boys and men," states Dr. Rick Kilmer, a psychologist and eating disorder specialist at the Atlanta Center for Eating Disorders in Atlanta, Ga.

There are certain groups of males that tend to suffer from eating disorders more than others.

Bodybuilders, wrestlers, dancers, swimmers, runners, gymnasts, jockeys and gay men top the list on groups of males that have a higher tendency for the disorders, according to the Eating Disorder Referral and Information Center. More attention needs to be paid to these men, particularly by doctors.

These groups' conditions should be raising red-flags, but they are not.

Many women develop eating disorders in their early adolescent years, while many men do not develop the traits until their later high school years and early college years.

Some symptoms of the disease include having food rituals and pre-occupations with food, compulsive exercising, intense fear of gaining weight, depression and a need for control.

With women, the typical method associated with an eating disorder is starvation. Men do not necessarily follow this path, but rather they overexercise and cut down their caloric intake, which makes the disease harder to spot since they still eat and seem to act normally. This is why health care professionals must receive better training to help them identify men suffer-

ing from eating disorders, potentially deadly conditions.

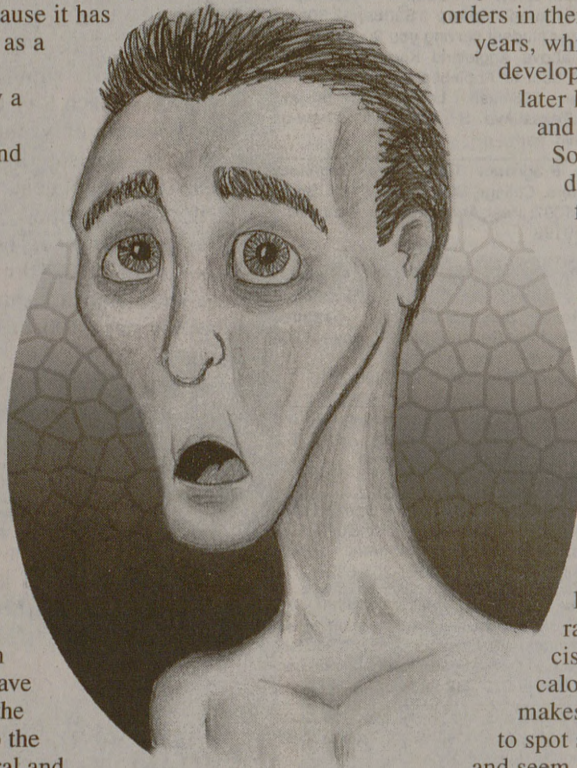
A spokesman for the Eating Disorders Association told the British Broadcasting Corporation "Instead of simply starving, (men) tend to overexercise and cut down on the amount they eat. They may not look drawn and painfully thin like female sufferers, but instead appear muscular, but they are still suffering from the same eating disorder."

Men do not have the same physical signs and symptoms that women tend to have when the full ramifications of the eating disorder set in. Without specific outward signs, it is difficult for physicians to detect the difference between a naturally thin man, and one who has acquired an eating disorder.

The only way for a person to heal from this disease is to seek help. Without help, the individual will not be able to see the effects of the disease on his body, and how starving himself thin will eventually kill them.

Without proper diagnosis, a man will not be able to obtain the help that he needs to recover from the disease. This problem is not as gender-specific as it was once thought, and men need to be recognized as being part of the problem now so they can seek help.

Lauren Esposito is a senior English major.



JOSH DARWIN • THE BATTALION

MAIL CALL

Moore was upholding his oath of office

In response to Jenelle Wilson's Nov. 18 column:

Ms. Wilson's article fails to bring justice to Alabama Supreme Court Chief Justice Roy Moore. In describing the oath that Justice Moore swore to when he took office, Ms. Wilson is vague and leaves the reader lacking information. In an interview with Moore by Alan Colmes and Sean Hannity, Moore is quoted as saying "the point is it's not about violation of order, it's about violation of my oath of office. And my oath of office to the Constitution requires an acknowledgment of God. It's that simple."

Although her article was fairly effective, including this quote would have made it seem less of a diatribe against Moore. Although I agree that justices must obey orders from higher courts, the principles that Moore supports are innate to our nation and our justice system. Moore's actions represent just another perspective on a sensitive issue. If religion is to be banned from the courtroom, why in the courtroom must one swear on the Bible?

Andrew Jones
Class of 2006

Judge not removed for religious beliefs

In response to a Nov. 19 mail call:

The issue before the Alabama State Judicial Ethics panel had nothing to do with freedom of religion or Christian rights. Your hero, Mr. Kinesy, lost his position on the Alabama Supreme Court not because he is a Christian or because he loves God, but because he disobeyed a direct order from the very judicial system he is sworn to uphold. Your hero, Mr. Kinesy, is playing with hypocrisy and stands only to drive people away from his religion. Does not the New Testament say to "obey your leaders and submit to their authority?"

Following Judge Moore's example could lead us to believe that all illegal actions should be condoned regardless of their affect on human life or others' beliefs as long as the perpetrators believe that they are following the will of their God. Removing the Ten Commandments in no way suppressed Christian rights or forced Moore to violate his beliefs. But his refusal has forced his removal while in no way perpetuating his beliefs as a Christian or glorifying the God he serves.

Lester Jones
Rhett Dotson
Class of 2004

Monument did not oppress anyone

In response to a Nov. 20 mail call:

You can say all you want that Judge Roy Moore was trying to establish a state religion, but that doesn't make it true. Does a monument depicting the laws of a religion oppress anyone? I think most people will agree that it doesn't. Has anyone attacked Moore because he judged people on adultery or not honoring their mother or father? Not that I know of. When you assume that I would have a different point of view if someone constructed a monument depicting the laws of a different religion, you are assuming that I am as intolerant of other religions as you are of Christianity. That's assuming quite a lot.

Dan Kiniry
Class of 2006

Diversity about more than skin color

In response to a Nov. 20 article:

I am a member of the largest minority here at Texas A & M, yet it saddens me that I lack the representation and call for diversifying this campus that everyone calls for. I am an out-of-stater from New Orleans. According to 1998 stats, only 13.4 percent of A&M's population was from out-of-state. However, I have yet to hear someone say that we need more people who don't live in Texas. I can promise you that I bring just as much diversity with me as a student from another country or a black person from Texas.

Merriam-Webster defines diversity as the involvement of different forms. If A&M wishes to be more diverse, great. But don't look at it in terms of just race and ethnicity but of the whole picture. One also doesn't need to discriminate against the majority, whites, to gain more race and ethnic minorities, blacks, Hispanics, etc. Just offer everyone what we've got already — a great university — and diversity will come; perhaps not in a rush like administration would like to see, but slowly it will come. And I don't mean different races and ethnicities, but a collection of all different types of people.

Scott Bourgeois
Class of 2007

Approaches to diversity foster prejudice

Virgil coined the expression "Beware of Greeks bearing gifts" more than 2000 years ago. In 1936, American

politician Adam Clayton Powell extended this expression to characterize the racial issues at that time. His expression is very much applicable during the current "diversity" issue.

At the risk of being tagged a "malinchista," as a Mexican-American I do not support the reasons behind this push for diversity. It should be noted that I did not say that I do not support diversity; rather, I do not support the way it is approached. There are other ways that the administration can make this university attractive for those who choose to enrich their knowledge at other "diverse" universities.

I would bet that those universities did not have to shell out a \$170,000 salary on a diversity position. The administration wants to look good, rest on its laurels and rejoice, "Look at what we have accomplished! So what if in the processes we have fostered prejudice and resentment."

Let us not allow the hidden agendas of the administration be a fuel for prejudice and resentment. Let us not allow the entitled opinions of student organizations drive the wedge that splinters the wood.

Francisco E. Martinez, Jr.
Graduate Student

Students should not be afraid of change

I am a member of the Texas A&M Class of 1997, and I love that I am an Aggie. However, it becomes increasingly difficult for me to explain how special a place it is when people far removed from A&M, College Station, Texas or America forward me articles about an A&M 'affirmative action' bake sale.

In my six or so years after graduating from A&M's Business School, I haven't been involved with anything that included 82 percent white people. Most of my colleagues are shocked to learn that such a renowned and large school had such a homogeneous student population. It would do current and future Aggies a great service to provide a culture that better reflects our country's (and the world's, for that matter) diverse culture and population.

Change is hard, but don't preemptively strike out without understanding the full situation. Do not assume that a change will always yield the worst outcomes. Aggieland is great, and we should want to provide encouragement and a home for anyone willing to work hard and further our causes. After all, don't we buy into that mantra that says 'Aggies First' ... any other striation is second?

Amy Dosen-Black
Class of 1997

Diversity already exists on campus

For the first time since I can remember, YCT has held a demonstration where it actually has a logical point by accurately portraying the fundamentals of affirmative action through its bake sale, though many seem loathe to admit it. True diversity can be found throughout the minds of the student body at Texas A&M, each member of which brings their own experiences to the table.

For instance, if A&M is so in need of "diversity," where did all the people protesting the YCT bake sale come from? I assume they were students here before Dr. Anderson took office, so what is the point of his position? I walked by the anti-bake sale rally (a noble-sounding cause, if ever there was one) and saw many people from many different races participating. This did not mean they were diverse, as the president of the Texas Aggie Democrats ironically put it, because they were all agreeing on the same thing, regardless of race.

The point of the bake sale was to point out just this sort of "race = diversity" philosophy that has taken over a disgustingly sensitive political-correct thought.

Paul Sims
Class of 2006

Aggies should learn about other cultures

I take great issue with the recent affirmative action bake sale held by the Young Conservatives of Texas.

While the YCT does have the right to free speech, it must consider the message its actions send: one of unacceptance and ignorance. I applaud the University for attempting to promote diversity through the appointment of Dr. Anderson, but unfortunately the University system cannot make the campus a more accepting place — that begins with me, you and the YCT.

Having spent more than five years in the armed forces, almost all of which deployed overseas, I learned very quickly that there was so much more to the world than College Station, Texas. By taking time to learn and experience the languages and cultures of the various countries I've traveled to, I was able to gain a better understanding and acceptance of people from different ethnic groups and different lifestyles.

We as Aggies are so quick to take pride in the "other education" that we engage in during our time on campus, but I submit that the other education extends well beyond Aggie football and Northgate.

Eric Finley
Class of 1999

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