Recipe for Disaster: Eating Disorders

Body composition and body weight are often numbers that we associate our identities with. However when someone becomes unhappy with those numbers or what they see in the mirror, it can have devastating consequences.

The use of extreme weight control measures can negatively affect the health of all individuals, especially student-athletes. Anorexia nervosa, bulimia nervosa, excessive exercise, and disordered eating are all clinically diagnosed disorders that require medical, psychological, and dietetics care.

Eating disorders are not gender biased, although the general public usually only associates them with young females.

Males are “told” by the media that they should look a certain way as well. Whether it is the hyper-thin or hyper-muscular, “acceptable” body types surround our culture. Chiseled beach muscles, perfect hair and defined cheekbones can be the male perception of perfection.

4-10% of college aged males suffer from an eating disorder.

If you or someone you know might have a problem with body image or proper nutrition, let’s have a simple, non-judgmental discussion! Help is on campus and can create a better environment for you personally and allow you to perform at an optimal level physically. Contact Athletic Training at x2445 or the Health Center at x2104.

DID YOU KNOW?

National Eating Disorders Awareness Week is February 22-28, 2015.

In the United States alone, 30 million people will be impacted by an eating disorder at some point in their lifetime. These conditions can affect all kinds of people and do not discriminate by race, sex, age or size.

#NEDAwareness
Injury recovery that is worth every penny

The P.R.I.C.E. is always right when you practice these simple steps following an acute athletic injury. Consult your athletic trainer with any questions or concerns.

P. Protection-
   Protecting a body part or joint that is injured during the first 48 hours is vital to preventing any further injury and helping to speed up the initial healing process. The body will try and protect an injury by itself with pain and swelling but the use of a splint, brace, bandage, and/or the use of crutches may be advisable.
   AVOID ACTIVITIES THAT CAUSE OR RECREATE PAIN!

R. Rest-
   Rest is essential for the body to heal. By providing rest and not furthering the current risk of injury, the healing process can continue unimpeded leading to a quicker recovery and the ability to return to play faster.

I. Ice
   The utilization of ice, known as the practice of cryotherapy, can cause help reduce further swelling at the site of injury as well as provide a pain-relieving effect.

C. Compression
   Application of an elastic bandage or tubular stocking to the injured limb can help prevent swelling from continuing to enter the site. Be sure not to provide too much compression as that can lead to occlusion of blood flow and is detrimental to healing.

E. Elevation
   If possible, place the injured extremity in a position that is higher than your heart. This can be accomplished easily by lying horizontally. The elevation will help drainage of the swelling through the cardiovascular and lymphatic system.
Cold weather is defined as any temperature that can negatively affect the body’s regulatory system. Even temperatures above freezing (+32°) can cause this effect dependent upon exposure time, wind chill, and moisture levels. Individuals engaged in physical activity in cold, wet or windy conditions are at risk for environmental cold injuries.

Risk factors for participants at a high risk of cold weather illness or injury include lean body composition, females, older age, African-American race, lower fitness level, and presence of certain pre-existing conditions (exercise-induced asthma, anorexia, Raynaud’s syndrome).

Utilize these smart and appropriate prevention strategies, which will assist you in performing safely and to the best of your abilities:

• Maintain proper nutrition. Activity during cold exposure requires more energy from the body.
• Maintain proper hydration. During cold exposure, the thirst reflex is diminished. Consistent fluid intake will help keep your internal temperature more properly regulated.
• Wear appropriate clothing that provides an internal layer for sweat evaporation with minimal absorption, middle layer for insulation, and a removable external layer that is wind and water resistant. Don’t forget gloves and a hat. Any uncovered skin surfaces are subject to heat loss and cold injury.
• Utilize re-warming periods indoors during practices and competitions to reacclimatize.
It is the responsibility of every student-athlete to know explicitly what substances that they are putting into their bodies.

The dietary supplement industry produces annual sales of more than $4 billion with thousands of products being placed on the market each year. Dietary supplements are not evaluated by the Food & Drug Administration therefore dietary supplements may contain banned substances not listed on the label. To help avoid an adverse reaction to a supplement or a positive drug reaction, please report all supplements to your athletic trainer and contact the Resource Exchange Center (REC) prior to taking any supplements.

The REC is a program sponsored by the NCAA and Drug Free Sport that allows student-athletes a database to seek out information on supplements or medications that are being taken.

The REC can be found at http://www.drugfreesport.com/rec.
Username: Division III
Password: ncaa3
National Athletic Training Month is held every March in order to spread awareness about all that athletic trainers do.

Certified Athletic Trainers (ATCs) are health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Students who want to become certified athletic trainers must earn a degree from an accredited athletic training curriculum. Accredited programs include formal instruction in areas such as injury/illness prevention, first aid and emergency care, assessment of injury/illness, human anatomy and physiology, therapeutic modalities, and nutrition. Classroom learning is enhanced through clinical education experiences. More than 70 percent of ATCs hold at least a master’s degree.

Please thank each of the athletic trainers and athletic training students for all they do!