



# Why Athletes with Eating Disorders Need to be in Treatment

## Psychological Reasons

1. Recovery without treatment is unlikely.
2. Without treatment, the athlete can become isolated.
3. Over time, the athlete will deteriorate physically and psychologically.
4. Performance is eventually negatively affected.
5. Poorer performance increases pressure on the athlete.
6. The disorder is apt to be the athlete's way to deal with pressure.
7. An increase in pressure on the athlete increases the need for the disorder.

## Medical Reasons

1. Medical complications are common and potentially life-threatening.
2. Many patients with eating disorders have fluid, electrolyte, and energy imbalances, increasing the risk of cardiovascular compromise while competing.
3. Postponing treatment can lead to worse outcomes.
4. Malnutrition has a significant impact on thinking - affecting concentration, the ability to see things in context, and impair judgement.
5. Malnutrition can lead to both brittle bones and metabolic compromise and increased risk of musculoskeletal injury.
6. A compulsion to exercise may make stabilization difficult without structure and support.

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