anorexia nervosa. An eating disorder typified by an intense fear of weight gain that leads to self-starvation.

antidepressant. A drug that alters the nervous system and relieves depression.

binge eating disorder. An eating disorder that involves repeatedly eating very large amounts of food without a follow-up behavior to prevent weight gain.

bingeing. Uncontrollable eating of huge amounts of food.

bulimia nervosa. An eating disorder that involves uncontrollable eating of huge amounts of food followed by an inappropriate behavior to prevent weight gain.

eating disorder. An abnormal eating pattern that endangers physical and mental health.

female athlete triad. A set of three related medical problems—disordered eating, amenorrhea, and osteoporosis—common among female athletes.

outpatient treatment. Medical care that does not require a hospital stay.

purging. Clearing food from the digestive system.