

# Obesity and Eating Disorder

## THE CONSEQUENCES OF UNBALANCED DIABETES MANAGEMENT

**Mohammad Y Al-Bahar**<sup>1,2</sup>

<sup>1</sup>Kuwait University, Kuwait

<sup>2</sup>Chartered Insurance Institute, UK

**T**his abstract discusses about some general information regarding diabetes type 1 and type 2, living with type 1 diabetes, how the frequent occurrence of a hypoglycaemia can lead to weight gain in T1D, the importance of carb counting to manage diabetes and to reduce the exposure to hypos. Also, stories of people living with type 2 diabetes, how diabetes has changed their lives, necessary actions towards their lifestyle and eating habits and the impact of weight loss on their lives.

[moh.albahar@gmail.com](mailto:moh.albahar@gmail.com)

## EATING DISORDERS IN UNDERREPRESENTED MALE POPULATIONS

**Zoe Ross-Nash**

Nova Southeastern University, USA

**W**omen comprise 85–90% of the clinical population suffering from a diagnosable eating disorder. Research on eating disorders in men, however, is nearly obsolete. There are numerous societal and biological reasons men suffer from eating disorders significantly less frequently than woman. This review will explore the various possibilities accounting for the reasons men, older men, gay men and ethnic men have been ignored in literature, research and treatment of eating disorders, and the consequences of the dearth of information. It further will address the stigma, environmental, cultural, and biological influences of men with eating disorders. Since the majority of the individuals affected by eating disorders are women, much of the research in this field is catered towards that population, which leaves men with an uncertain etiology, pathology and questionably effective treatment.

[zrossnash@gmail.com](mailto:zrossnash@gmail.com)