

# WHAT IS DRUNKOREXIA?



<h2>What is "drunkorexia"?</h2>	<h2>Who's at risk?</h2>
<p>"<i>Drunkorexia</i>" is the engagement in harmful behaviours to offset the calories consumed from binge drinking alcohol. This might involve skipping meals to "save" calories for drinking later on or engaging in excessive physical activity before or after a night out.</p>	<p>Drunkorexia is often used in the content of university campuses, where binge drinking is socially acceptable and whose students are exposed to increased academic and social demands. However, the behaviours associated with drunkorexia can be seen in in any demographic.</p>
<h2>What can it look like?</h2>	
<p>Restricting food, purging behaviours, and/or excessive exercise before or after binge drinking</p>	
	<h2>What are the consequences?</h2> <ul style="list-style-type: none"> <li>• Weight fluctuations</li> <li>• Stomach &amp; digestive issues</li> <li>• Other signs of alcohol abuse</li> <li>• Nutrient deficiencies</li> <li>• Blackouts</li> <li>• Alcohol poisoning</li> <li>• Mood swings</li> <li>• Memory deficits</li> <li>• Depression</li> <li>• Anxiety</li> <li>• Brain damage</li> </ul>
<h2>Prevention &amp; Recovery</h2>	
<p>Students should work to develop healthy coping mechanisms to handle the inevitable challenges that come with the transition into university. However, for folks who believe they may be suffering from drunkorexia, contact us here to set up a consultation with a member of the Change Creates Change team.</p>	