



Muscle Dysmorphia

Muscle Dysmorphia is also known as *Reverse Anorexia* or Bigorexia. Dysmorphia refers to the phenomenon of people **feeling they are too small or weak**.

- This often occurs in men, but can occur in women as well.
- People with muscle dysmorphia, tend to work out compulsively to increase muscle mass and to avoid feelings of feeling small.
- This is often coupled with the use of steroids or over-the-counter products such as creatine, protein shakes, and nutritional supplements.

Consequences of Muscle Dysmorphia

- The consequences of muscle dysmorphia are **physical** and **emotional**.
- People often avoid public situations because they feel embarrassed from being “too small.”
- Their work and personal relationships often suffer because they build their lives around the gym and their exercise routine.
- The use of steroids or other similar products often injures internal organs, cause acne, sexual problems and hair loss.

Links to information on Muscle Dysmorphia:

Anorexia Nervosa and Related Eating Disorders (ANRED)

<http://www.anred.com/musdys.html>

Eating Disorder Recovery Center

<http://www.addictions.net/default.aspx?id=33>

Exercise Addiction

<http://www.internet-articles.com/nutrition-exercise/exercise-addiction.php>