118 - DIABULIMIA: ALIMENTARY DISTURBANCES ASSOCIATED TO THE CORPORAL IMAGE OF CARRIERS OF DIABETES MELLITUS I

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The search for physical activities and exercises associated to the search for the good shape has instigated professionals from different fields to carry through research and studies based on the empirical comments of the daily work. The requirements to get beauty and thin are valued in the current days when we live a context where the beauty became an imperative (KATZ; KUPERMANN; MOSÉ, 2004).

There is a cultural construction of the body, with a valuation of certain attributes and behaviors in detriment of others, making a typical body for each existing society. That body can vary according to the historical and cultural context and is acquired by members of the society by means of the prestigious imitation. The individuals imitate acts, behaviors and bodies that had gotten success and that they had identified as successful (GOLDENBERG, 2002).

There are some evidences supporting the idea that the media helps to promote disturbance of the corporal and alimentary image. Inquiries in this field have defending that models, actresses and other feminine icons have become thinner through the decades. In a general way, individuals feel pressed to be thinner and thinner and report that have learned non-healthy techniques of weight control, such as, vomit induction, rigorous physical exercises, drastic diets learned from the media (FIGUEIRA, 2003).

The corporal industry, possibly through the medias, has been creating desires, strengthening images and standardizing bodies. Therefore, what we see is the fact that people, for times, perceive their bodies out of the measures known as standard and, because that, feel charged and unsatisfied. The emphasis given by the media in showing attractive bodies, leads part of our society to search for an idealized physical appearance.

Belasco (1997 *apud* BRANDT; ROZIN, 1997) affirms that, in the West, the movement in favor of healthy habits is so strong that the good health and adequate feeding have been characterized as the religion of the modern culture and main objective of the population, causing frequently perverse effect as uprising of disturbance of psychological or psychiatric order.

The relation between diabetes mellitus I (DM) and psychiatric alterations has been described at least a century ago. The presence of these issues in patients with diabetes can be associated to the unsatisfactory metabolic control, increasing the morbidity and the mortality of this illness, since that the conventional treatment of diabetes compels the patient to focus his attention in the weight and to follow a dietary project with higher rigidity (AZEVEDO, PAPELBAUM; D'ELIA, 2002). Diabetes is a chronic illness that determines internal changes in the daily activities, mainly in the alimentary restriction and emotional control. According to Ajuriaguerra (1976 *apud* MARCELINO; CARVALHO, 2005, p. 74) “the control of diabetes is very intense even classifying the diabetic child as a slave of its treatment”. This control and charge on the alimentary discipline can contribute for alimentary disturbances.

In this sense, the association of requirements and attitudes related to esthetic standards with the restrictions of the diabetics would take them to an excess of privations, which could cause complications in the long and/or medium term.

From these initial considerations comes the objective that origins this study: to identify the incidence of diabulimia, associated to the corporal image in people with diabetes mellitus type I (DM I). Mainly due the fact that such people need to make some alimentary restrictions.

They are always in state of alert for the diet pre-defined, classifying foods as forbidden or dangerous and constantly controlling their corporal weight. The presence of alimentary disturbances in diabetic patients is frequent, fact that aggravates the consequent complications from bad controls of their blood glucose contributing for the chronic and acute complications.

The medicine alone cannot succeed in helping the control of the illness to avoid complications. Besides that it is necessary medical examinations, diet, physical exercise and emotional balance, considering that these aspects influence directly on the illness.

Being the esthetic an important bias in modernity, the search for the perfect body leaving the health as second option has been taking diabetics to develop alimentary disturbances (TA) among them the diabulimia.

The last research “The Brazilian health map”, of the Health department, showed that the Brazilians are eating more. But this does not mean that they have a healthy feeding. Up to 2025 there will be 380 million diabetics in the world (MARINHO, 2008).

This study comes from the concerns lived deeply by the researchers, one of them carrier of diabetes mellitus type I for 20 years, related to the associations between adequate treatment for diabetes, corporal image and the value of the beautiful bodies, which can correspond to the effective esthetic dimension of the bodies.

Questions such as aspects of diabetes mellitus 1, alimentary disturbances, esthetic of the body, influence of the media on beauty standards and the relations between emotional state and diabetes mellitus cross the roll of concerns of the research in this area.

DIABETES MELLITUS I

Diabetes mellitus I is a metabolic syndrome. It is characterized for the absence of the production of insulin, responsible hormone for the degradation of the glucose in energy. Also is known as insulin-dependent diabetes and occurs in infancy, adolescence and with young adults, in the age band of 0 the 35 years. The insulin deficit occurs due to destruction of the cells beta of the pancreas due to auto-immune processes. The diabetic ones depend on daily doses of synthetic insulin. The insulin absence generates high blood glucose levels and takes to the alteration of the metabolism modifying the energy sources for the catabolism of fat. This picture occurs only in unbalanced diabetics. The complications caused by the high blood glucose are:

diabetic coma, diabetic retinopathy or blindness, coronary illnesses, masculine sexual impotence, arterial hypertension, renal insufficiency and infections and problems of circulation leading to amputation. All these consequences can be prevented through an efficient control (CONVIVENDO COM O DIABETES, 2008).

Bad administration of insulin doses can result in hyperglycemia or hypoglycemia (low levels glucose). The suggested glucose levels for carriers of diabetes are 70 to 110 mmol. The symptoms of the hyperglycemia are thirst, dimmed vision, hunger and need to urinate many times. The hypoglycemia generates weakness, extreme perspiration, sleep, giddiness and tremors. The glucose level can be controlled through highly modern and specific devices manufactured by laboratories. However the feeding control, the monitoring of glucose levels and of insulin doses, associated to regular and systemic practice of physical activity monitored by qualified professionals of the health area, provides a significant improvement in the quality of life.

By the education of carriers of diabetes it is possible to obtain important reduction of the complications and consequently the improvement of the quality of life. Being diabetes an incurable illness is necessary to invest in the prevention of the chronic complications and in the quality of life. Lack of emotional balance can compromise the quality of life, aggravating the control of the disease. During an unbalanced and/or a stress situation the glucose levels increase.

For diabetics, besides the external factors as the media and the esthetic, the emotional factor contributes for the uprising of alimentary disturbances, among them the diabulimia. For Debray (1995 *apud* MARCELINO, CARVALHO, 2005) diabetes will be faced differently by each individual, depending on the psychic structure or mental organization of each one.

ALIMENTARY ISSUES

Currently, the alimentary disturbance and the compulsive desire to eat, are reaching high levels in the society and are responsible for great number of deaths, being distinguished between all the known psychic disturbances. The causes of the alimentary disturbances are multiple, including genetic, biological and behavioral factors. Individuals with alimentary disturbance use a lot of methods for weight control, including extreme physical activities, with physical, social and psychiatric damages.

Alimentary disturbances are characterized by a standard of alimentary behavior seriously insane, a pathological control of the corporal weight and for disturbance of perception of the corporal format (SAIKAILI, SOUBHAIA; SCALFARO, 2004, p.164). The alimentary disturbances can be classified as abnormal behaviors related to foods and nutrition. Can include negation to ingest foods, drinks in excess, vomits, laxative abuses and even extreme physical exercises; which generally are associated to unreal ideas of corporal image, feeding, psychological disturbances and of development (MAHAN; ARLIN, 1995 *apud* BAPTISTA; PANDINI, 2005).

These information took some researchers to conceive the disturbances as culture-bound syndromes, established in the occidental societies. They are defined as constellations of signals and symptoms that are restrict to the cultures in function of psycho social characteristics of human groupings (PRINCE, 1985 *apud* MORGAN; AZEVEDO, 2000).

According to Cash and Deagle (1997 *apud* SAIKAILI; SOUBHAIA; SCALFARO, 2004), the disturbance of the corporal image is a nuclear symptom of the alimentary disturbance, characterized for a negative auto-evaluation of the individuals that suffer from this Issue, influenced by the experience with their weight and corporal form. For Schilder (1994), the corporal image is the figure of our proper body that we form in our mind, that is, the way for which the body presents it to ourselves.

Besides the issues already identified it appears a new one called diabulimia, term that defines a situation with characteristics so dangerous as the most traditional. Considering empirical comments, the definition was created in 2005, although it was detected in 1980. It was configured from adolescents and diabetic adults who tried to control or to lose weight being modifying the dose of insulin adequate for their organisms. In case of suspension of the insulin injections, the level of sugar in the blood increases generating sensation of dryness in the mouth, loss of weight, increase of urine and diabetic picture of cetoacitose. This alimentary issue affects mainly carriers of diabetes type I.

Currently it has been emphasized the practice of physical exercise and feeding control, creating as a goal the prevention of different pathologies. However the untiring search for the perfect esthetic does not disappear. It seems to have a consensus between researchers that this search for the perfect body finishes causing psychological and emotional factors. It compromises the quality of life and works as a reverse. The increase of obesity levels and unnecessary or inadequate control of weight is already a problem of public health in many countries, besides the alimentary disturbances

ESTHETIC OF THE BODY AND THE INFLUENCE OF THE MEDIA ON BEAUTY STANDARDS

Exaggeration in pursuing the desirable and beautiful body seems to have as reference the body of the thin woman. According to Traebert; Moreira (2001) this ideal transforms the alimentary habits in secrets, bizarre and ritualized. It has episodes of exaggerated ingestion of food before considered forbidden. It is followed by induction of vomit, laxative and diuretic use or practice of the extreme physical exercises with the purpose of neutralize such ingestion, always with the objective to reach the intended thinness. Such attitudes result in gradual social isolation. When the search for the standard is not reached it appears a commitment with the success, since the beauty and the image are directly related.

At the present time there are several products for ingestion purpose promising a minimum of calories, innumerous academies of gymnastics with the most differentiated packages or programs for people that are out of shape and esthetic clinics, which invest to build the perfect body. It is common to find a great number of people making some type of diet to get thin, to reduce cholesterol, increase the muscular mass and control the arterial pressure, among others intentions (LOURO, 2003).

In the social context esthetic includes or excludes individuals in some determined groups, promoting in the excluded one an incessant search to reach the ideal through privations to reduce weight and to reach the rigid standard of the thinness.

Becker (1999 *apud* RUSSO, 2005) stands out that people learn to evaluate their bodies through interaction with the environment, thus their auto-image is developed and reevaluated continuously during the entire life. The corporal industry through the medias creates desires and strengthens images, standardizing bodies. Russo (2005) strengthens that the importance of the corporal standard through attractive images, happens by the fact that the body is used by some individuals as opportunities, in a consumption idea. For the corporal industry, taking care of the body is the way for happiness, since that through the idealized body comes innumerable possibilities. Still, for the author “the image propagated by the media uses shaped bodies of men and women to sell its advertising messages” (RUSSO, 2005, p. 81), turning people slaves of an ideal that stands out the narcissism. For Fernandes (2003 *apud* RUSSO, 2005, p. 81) “the body is in high: high quotation, high production, high investment and high frustration”.

The way as an individual sees himself and feels is influenced by the media that insists in expose sculptured bodies and express the idea that the development of such bodies would depend only on his desire, not considering values as genetic characteristics, biological individuality and chronological age. It suggests an idea that the happiness that comes from the body's cult is at the hands of all and for that it would be enough to want. The media divulged and imposed a standard of image that, far from reflecting the cultural diversity, transformed some bodies into esthetic models to be followed, even if these models violate

the scientific knowledge about what would be a healthy body (VIANNA, 2008).

METHODOLOGY

This is a descriptive and exploratory research. The involved population was composed by carriers of diabetes mellitus I individuals, with an sample comprised of 20 citizens. The data was gathered through a questionnaire. The questionnaire was adapted from the Body and Shape Questionnaire (BSQ) applied as a measurement of the concerns with the corporal form. The purpose corresponds to an evaluation of carriers of alimentary disturbances, mainly related to the bulimia and anorexia. The focus of this study is the carriers of diabetes mellitus I, therefore it were inserted more adjusted and significant questions to indicate the possibility of existence of diabulimia disturbance, such as: Do you change your insulin doses without consulting your doctor? Are you used to drinking much water? Do you fell thinner after going several times to the restroom to urinate? Are you used to omitting insulin doses after the meals?

DATA ANALYSIS

From the initial objective of this study, which is to identify alimentary disturbance diabulimia, associated to the corporal image in carriers of diabetes mellitus type I, some records were detected. The profiles of the sample group were: average of 33 years, IMC of 26 and time of insulin usage of 19 years.

The education of the sample group varied from complete graduation in university to high school. The percentages varied as follows: 50% for university complete, 5% for university incomplete and 45% for high school. Physical activity was not unanimous in the group: 11 regular practitioners and 9 not regular practitioners, corresponding 55xx% and 45% respectively. Also It was noticed that the free association of ideas in relation to the word body, of the not practitioners assumes pejorative, indicating low auto-esteem. Images positively associated to the word body were: pretty, elegant, strong, normal, white, great, good, beautiful and slender in contrast to ugly, fat, little fat, relaxed and strange, which were related to aspects considered negative. All positive associations were pointed by practitioners of physical exercises.

The questionnaire evaluation criteria considered that the higher the marking of points made by the diabetics, indicating the frequency of daily habits, the higher possibility of the individual to be candidate to the diabulimia. As much as they marked the options never, rarely, sometimes, more distant the individual would be from the disturbance state. The more they marked frequent, very frequent and always, the more close they would be.

29% of the group was detected candidates to the diabulimia. They were considered candidates because it is not easy to unveil the situation of alimentary disturbance in diabetics.

For Azevedo, Papelbaum and D'Elia (2002, p. 78) “It is not easy to make the diagnosis of Alimentary Disturbance in diabetic patients. The proper DM can determine an extreme concern with the diet, leading the patient to classify foods as dangerous or forbidden, causing behaviors of control on feeding and weight common in DM I patients carriers of alimentary disturbances”.

Besides the indicators of presence or absence of diabulimia, it is evident the indicative aspects of perception of the distorted corporal image, even when the individual is not diabulímico.

CONCLUSION

Considering the objective of the study, we found that 29% of the interviewed group presents indicators and/or possibilities to present a diabulimia picture and 71% don't.

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DIABULIMIA: ALIMENTARY DISTURBANCES ASSOCIATED TO THE CORPORAL IMAGE OF CARRIERS OF DIABETES MELLITUS I

The search for physical activities and exercises associated to the search for the good shape has instigated professionals from different fields to carry through research and studies based on the empirical comments of the daily work. The requirements to get beauty and thin are valued in the current days when we live a context where the beauty became an imperative. The corporal industry, possibly through the medias, has been creating desires, strengthening images and

standardizing bodies. The objective that origins this study: to identify the incidence of diabulimia, associated to the corporal image in people with diabetes mellitus type I (DM 1). This estudy is based on Azevedo, Papelbaum e D'Elia (2002), Goldenberg (2002), Marcelino e Carvalho (2005). This is a descriptive and exploratory research. The involved population was composed by carriers of diabetes mellitus I individuals, with an sample comprised of 20 citizens. The data was gathered through a questionnaire. The questionnaire was adapted from the Body and Shape Questionnaire (BSQ) applied as a measurement of the concerns with the corporal form. Also It was noticed that the free association of ideas in relation to the word body, of the not practitioners assumes pejorative, indicating low auto-esteem. Images positively associated to the word body were: pretty, elegant, strong, normal, white, great, good, beautiful and slender in contrast to ugly, fat, little fat, relaxed and strange, which were related to aspects considered negative. All positive associations were pointed by practitioners of physical exercises. It was found that 29% of the interviewed group presents indicators and/or possibilities to present a diabulimia picture.

IMAGE CORPORELLE, DÉRANGEMENTS ALIMENTAIRES ET DIABÈTE SUCRÉ I : LA POSSIBILITÉ DE DIABOULIMIE

La recherche de la pratique d'activités et d'exercices physiques associés à la recherche de la pleine forme a incité des professionnels de différents champs à procéder des recherches et études basées sur les observations empiriques liées au quotidien de travail. Les exigences de beauté et d'amaigrissement sont valorisées aujourd'hui, quand on vit dans un contexte où la beauté est dévenue impérative. L'industrie corporelle contribue pour renforcer des images et créer le désir de corps modèles. Le but de cette étude est d'identifier le trouble alimentaire diaboulimie en malades de diabète sucré I. Le modèle théorique s'est basé sur des auteurs comme Azevedo, Papelbaum et d'Élia (2002), Goldenberg (2002), Marcelino et Carvalho (2005) parmi d'autres. La méthodologie utilisée a été descriptive et d'exploration. La population étudiée a été composée par 20 individus porteurs de diabète sucré I. L'instrument d'obtention de données employé a été un questionnaire adapté du Body and Shape Questionnaire (BSQ) appliqué pour mésurer les préoccupations avec la forme corporelle. Il a été enregistré que l'association d'idées, par rapport au mot corps, des individus qui ne sont pas pratiquants a des connotations péjoratives et donnent des pistes qui indiquent baisse auto-estime. Des images associées positivement au mot corps ont été : beau, élégant, fort, normal, blanc, grand, bon et svelte, au contraire de laid, gros, grassouillet, relâché et bizarre, qui ont été relationnées aux aspects considérés négatifs. On a conclu que 29% du groupe enterviéwé a des possibilitésde présenter un cadre de diaboulimie.

IMAGEN CORPORAL, TRASTORNOS ALIMENTARIOS Y DIABETES MELLITUS: LA POSIBILIDAD DE DIABULIMÍA

La busca de la práctica de actividades y ejercicios físicos asociados al deseo de buena forma corporal tiene incitado profesionales de diversos campos a que hagan investigaciones y estudios basados en las observaciones empíricas relacionadas al cotidiano de trabajo. Las exigencias de embellecer y adelgazar se valorizan hoy día, porque se vive un contexto donde la belleza es un imperativo. La industria del cuerpo está contribuyendo para extremar imágenes y producir el deseo de cuerpos estandardizados. El objetivo del presente estudio es identificar el trastorno alimentario *diabulimía* en portadores de *diabetes mellitus I*. El conjunto de referencias teóricas está basado en autores tales como Azevedo, Papelbaum y D'Élia (2002), Goldenberg (2002), Marcelino y Carvalho (2005) entre otros. La metodología utilizada fue de cuño descriptivo y exploratorio. Las personas participantes son portadores de diabetes mellitus I, en una muestra de 20 individuos. El instrumento para obtención de datos empleado fue un cuestionario basado en Body and Shape Questionnaire (BSQ) utilizado como medición de las preocupaciones con la forma del cuerpo. También se registró que la asociación de ideas, relativas a la palabra cuerpo, de los individuos que no son practicantes tiene connotaciones despectivas, suministrando pistas que muestran baja auto-estima. Imágenes asociadas de manera positiva a la palabra cuerpo, fueron: bonito, elegante, fuerte, normal, blanco, grande, bueno, bello y esbelto; al contrario de feo, gordo, chaparro, regordete, relajo y extraño, con relación a los aspectos considerados negativos. Se concluyó que 29% del grupo entrevistado tiene posibilidad de presentar un cuadro de diabulimía.

IMAGEM CORPORAL, TRANSTORNOS ALIMENTARES E DIABETES MELLITUS I: A POSSIBILIDADE DA DIABULIMIA

A procura pela prática de atividades e exercícios físicos associados à busca da boa forma, tem instigado profissionais de diferentes campos a realizarem pesquisas e estudos baseados nas observações empíricas ligadas ao cotidiano de trabalho. As exigências de embelezamento e emagrecimento são valorizadas nos dias atuais, quando se vive um contexto onde a beleza tornou-se um imperativo. A indústria corporal tem contribuído para reforçar imagens e criar desejos de corpos tipificados. O objetivo deste estudo é identificar o distúrbio alimentar diabulimia, em portadores de diabetes mellitus I. O referencial teórico baseou-se em autores como Azevedo, Papelbaum e D'Elia (2002), Goldenberg (2002), Marcellino e Carvalho (2005) entre outros. A metodologia utilizada foi de cunho descritivo e exploratório. A população envolvida foi composta por indivíduos portadores de diabetes mellitus I, perfazendo uma amostra de 20 sujeitos. O instrumento de coleta de dados utilizado foi um questionário adaptado a partir do *Body and Shape Questionnaire* (BSQ) aplicado como medição das preocupações com a forma corporal. Também foi registrado que a associação de idéias em relação à palavra corpo, dos indivíduos não praticantes assume conotações pejorativas fornecendo pistas que indicam baixa auto-estima. Imagens associadas positivamente à palavra corpo foram bonito, elegante, forte, normal, branco, grande, bom, belo e esbelto ao contrário de feio, gordo, gordinho, relaxado e estranho, que foram relacionadas aos aspectos tidos como negativos. Concluiu-se que 29% do grupo entrevistado apresentam possibilidades de apresentar um quadro de diabulimia.