

Warning Signs of Eating Disorders

In anorexia, these signs include:

- significant weight loss (15% below the normal weight for height)
- continual dieting (although thin)
- feelings of fatness, even after weight loss
- fear of weight gain
- lack of menstrual periods
- preoccupation with food, calories, nutrition, and/or cooking
- preference to eat in isolation
- compulsive exercise
- binge eating and purging
- insomnia
- brittle hair or nails
- depression with social withdrawal

The warning signs of bulimia include:

- uncontrollable eating (binge eating)
- purging by strict dieting, fasting, vigorous exercise, and/or vomiting
- abuse of laxatives or diuretics ("water pills") to lose weight
- frequent use of the bathroom after meals
- reddened finger(s) (from inducing vomiting)
- swollen cheeks or glands (from induced vomiting)
- preoccupation with body weight

- depression or mood swings
- irregular menstrual periods
- dental problems, such as tooth decay
- heartburn and/or bloating
- problems with drugs, alcohol, sexual activity, or crime

Taken from_____

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LOCATED ACROSS FROM SMITH HALL & HOUSING

