

## **Eating Disorders**

### **Warning Signs and Symptoms**

#### **Symptoms of Anorexia Nervosa**

- Excessive weight loss
- Loss of menstrual period
- Constant dieting
- Infertility
- Dry, thin hair
- Dry skin covered with downy fuzz
- Brittle splitting nails
- Cold hands and feet
- Wasted muscles
- Constipation
- Digestive difficulties
- Abdominal discomfort, bloating
- Kidney and bladder infections, urinary tract stones
- Dehydration
- Muscle cramps
- Tremors
- Cavities and gum disease
- Depression and social isolation
- Periods of frantic activity alternating with lethargy and depression
- Denial that anything is wrong

#### **Symptoms of Bulimia Nervosa**

- Weight changes because of alternating diets and binges
- Menstrual irregularities
- Constant desire to diet
- Seen consuming large quantities of food
- Swollen glands in neck beneath jaw
- Sore throat and sinus infections
- Cavities and loss of tooth enamel
- Puffy, splotched face; bags under eyes
- Broken blood vessels in eyes or face
- Fainting spells
- Blurred vision
- Tremors
- Rapid or irregular heart beat
- Stomach and abdominal discomfort
- Nausea, stomach cramps, ulcers, colitis

- Muscle cramps and weakness
- Stiffness or numbness in arms and legs
- Problems with alcohol and other drugs
- Shoplifting
- Sexual promiscuity
- Dehydration
- Blood sugar irregularities
- Kidney and bladder infections; urinary tract stone
- Depression