

# Eating Disorders:

## *Signs & Symptoms*

In a culture obsessed with thinness and dieting, it can be difficult to recognize when a person's thinking or behavior has become dangerous. With the number of people with eating disorders on the rise, it is likely that you, a family member or someone you know may show some of the following signs and symptoms.

### **A Person With Anorexia...**

- Is thin and continues to get thinner.
- Diets even though she is not overweight.
- Has a distorted body-image — feels fat even when she is thin.
- Loses or has thinning hair.
- Talks excessively about food, cooking or dieting.
- Exercises excessively, even when tired or injured.
- Overemphasizes the importance of her body image to her self-worth.

### **A Person With Bulimia...**

- Engages in binge eating.
- Feels like her eating is often out of control.
- Uses the bathroom frequently after meals.
- Engages in vomiting, laxative or exercise abuse.
- Reacts to stress by overeating.
- Experiences frequent fluctuations in weight.
- Overvalues her weight as a basis for her self esteem.
- Has depressive or varying moods.

### **A Person With A Binge Eating Disorder...**

- Eats large amounts of food when not physically hungry.
- Turns to food as a way of coping with feelings.
- Eats rapidly or eats excessively throughout the day.
- Eats to the point of feeling uncomfortably full.
- Often eats alone because of shame or embarrassment.
- Shows signs of depression & withdrawal and has extreme feelings of guilt & shame after eating.