

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:

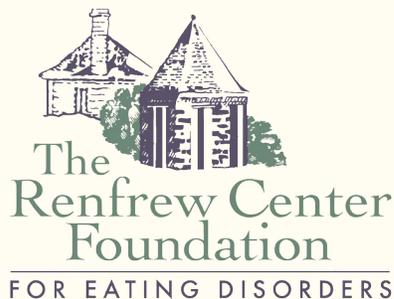
- Is thin and continues to get thinner.
 - Diets even though she is not overweight.
 - Has a distorted body-image — feels fat even when she is thin.
 - Loses or has thinning hair.
 - Talks excessively about food, cooking or dieting.
 - Exercises excessively, even when tired or injured.
 - Overemphasizes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



*For more information, please contact The Renfrew Center Foundation
at 1-877-367-3383 or visit www.renfrewcenter.com.*

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