

# Eating Disorders

## Bulimia Nervosa

Bulimia is an eating disorder characterized by recurrent episodes of binge eating followed by self-induced vomiting or purging through excessive exercise, or use of laxatives or diuretics.

### **Signs & Symptoms of Bulimia Nervosa**

- Fear of inability to stop eating voluntarily.
- Frequent vomiting.
- Weight fluctuation due to alternate bingeing and fasting.
- Secretive behavior and inconspicuous binge eating.
- Puffiness in face (below cheeks), bursting blood vessels in the eyes, enamel erosion and tooth decay.

## Binge Eating Disorder?

Binge Eating Disorder (BED) is characterized by recurrent episodes of binge eating

### **Signs & Symptoms of BED**

- A sense of lack of control over eating while bingeing.
- Eating large amounts of food when not hungry.
- Eating alone due to embarrassment over how much one is eating.
- Feeling guilty or depressed after bingeing.
- A possible history of marked weight fluctuations.
- Depression, anxiety, self-loathing, and interpersonal sensitivity.

## Anorexia Nervosa

Anorexia is an eating disorder characterized by an intense fear of weight gain. It involves an ongoing pattern of self-starvation and a preoccupation with food and losing weight.

### **Signs & Symptoms of Anorexia Nervosa**

- Amenorrhea (loss of menstrual period).
  - Disturbed by body image and denial of thinness.
  - Compulsive exercise and eating
  - Nervousness at meal times.
  - Playing with or cutting food into small pieces.
  - Perfectionism, tendency to be highly self-critical.
- May have alternating episodes of binge eating and purging.