



Anorexia Nervosa



Recovery Kit

Anorexia Nervosa

Binge Eating Disorder

Bulimia Nervosa

Negative Body Image

*Guidelines For Talking
About Your Eating Disorder*

The Dangers of Dieting

*Treatment For An Eating
Disorder*

*What Causes An Eating
Disorder*



What Is Anorexia Nervosa?

Anorexia nervosa has the highest mortality rate of any psychiatric illness.

- ◆ However, with proper treatment a full recovery CAN be made.
- ◆ Chances for recovery increase if treatment occurs during early stages

Behavioral Signs Of Anorexia Nervosa

- ◆ Self-starvation resulting in extreme weight loss
- ◆ Preoccupation with food, weight and body image
 - » A great deal of time is spent thinking about food, counting calories and planning meals.
- ◆ Desire for thinness
- ◆ Distorted body image
 - » Seeing oneself as fat or feeling fat despite being underweight
- ◆ Intense fear of food and of gaining weight or becoming “fat.”
- ◆ Denial of hunger, tiredness and emotions
- ◆ Compulsive exercise
- ◆ Consistently making excuses to avoid food or not to eat.
- ◆ Isolation from peers, avoiding social situations especially involving food.
- ◆ Pre-occupation with food related activities
 - » Collecting recipes, baking for others but not eating the food made.
- ◆ Food rituals
 - » Eating only certain foods
 - » Eating in a certain way (eg chewing a certain number of times)
 - » Eating at certain times every day with little flexibility
 - » Omitting entire food groups from ones diet
- ◆ Difficulty concentrating
- ◆ Manipulative or secretive behavior
 - » It is important for the individual to hold on to their eating disorder, this is their way of coping, so a lot of energy is invested in concealing the illness from others.



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◆ Depression

» Depression can contribute to an eating disorder, or an eating disorder can cause feelings of depression. They often go hand in hand.

Physical Complications

Many of the physical complications of anorexia are caused by nutritional deficiencies. Although this list is thorough, it is not complete. A medical evaluation is an important component to treatment of anorexia.

◆ Anemia

◆ Osteoporosis

◆ Hair loss

◆ Dry skin

◆ Sensitivity to cold

◆ Lanugo, a downy soft hair that grows on the body in an effort to keep the body warm.

◆ Amenorrhea (loss of menstrual period in women)

◆ Dizziness, fainting spells

◆ Heart problems, slow or irregular heart beat