



## Bulimia 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 Bulimia Nervosa?

Bulimia nervosa is a cycle of binge eating (eating a large amount of food and feeling out of control) followed by purging. Purging may include self-induced vomiting, laxative use, diuretic use or excessive exercise. The purging behavior is aimed at ridding oneself of the food consumed during the binge. Concerns about weight and body shape are also characteristics of bulimia.

### Behavioral Signs Of Bulimia Nervosa

- ◆ Secretive eating (usually binges)
- ◆ Purging
- ◆ Bathroom visits after meals
- ◆ Avoiding social situations involving food
- ◆ Impulsive behavior
- ◆ Sadness, self-disgust, shame
- ◆ Fear of being fat regardless of weight
- ◆ Behavior suggesting food and weight are primary concerns

### Physical Symptoms Of Bulimia Nervosa

- ◆ Frequent weight fluctuations
- ◆ Swollen salivary glands,
- ◆ Puffy cheeks
- ◆ Broken blood vessels in eyes
- ◆ Electrolyte imbalance that can lead to irregular heartbeats and possible heart failure
- ◆ Marks on hands
- ◆ Inflammation and possible rupture of esophagus
- ◆ Complaints of sore throats, fatigue, chest pain
- ◆ Light headedness
- ◆ Tooth decay
- ◆ Anemia
- ◆ Irregular menstrual period
- ◆ Low immunity against colds/flu