EATING DISORDERS FACT SHEET

Types of Eating Disorders:

Anorexia Nervosa

Anorexia is severe restriction of calorie intake. Generally, individuals with anorexia have a fear of weight gain and have strict rules about eating. This starvation can affect many organ systems. Anorexia can cause anemia, bone loss, kidney problems, lack of menstrual periods and changes in brain function.

Bulimia Nervosa

Similar to anorexia, bulimia involves fear of weight gain. It is characterized by binge eating followed by vomiting, laxatives, diuretics, or excessive exercise in order to not gain weight. For those with diabetes, this may include intentionally missing or reducing insulin doses to lose weight or prevent weight gain. Bulimia can cause vitamin and mineral imbalance, tooth decay, and heart and digestive system problems.

Binge Eating Disorder

Binge eating disorder is eating large amounts of food in short periods of time. Food is often consumed without attention to hunger or fullness cues, and is often times related to emotions. This eating disorder does not involve purging afterwards. Binge eating can lead to increased risk for heart attack, high blood pressure, high cholesterol, kidney disease, arthritis, bones loss, and stroke.

Intentional Insulin Restriction for Weight Loss

A medical condition in which a person with insulin dependent diabetes restricts insulin in order to lose weight.

Disordered Eating Behaviors

Eating disorder symptoms that do not meet the frequency criteria for a formal diagnosis of the above eating disorders.
Signs and Symptoms of Eating Disorders:

Anorexia

- Dramatic weight loss and refusal to maintain a body weight that is healthy for his or her height
- Wearing baggy clothes or layers to hide body type (this may also be done to provide warmth as they often will feel cold)
- A preoccupation with weight, exercise, and calories
- Food restriction and avoidance
- Belief that life will be better if he or she can just lose the weight
- Use of diet pills, laxatives, and/or enemas
- Isolation
- Food rituals and secretive eating patterns
- Disposing of food in strange places
- Hair loss, sunken eyes, and pale skin
- Dizziness and headaches
- Mood swings, depression, anxiety, or fatigue
- Low self-esteem
- Low blood pressure or heart rate
- Loss of menstrual cycle or irregular periods
- Constipation or stomach pain
- Perfectionist personality
- Loss of sexual desire
- Trouble sleeping

Bulimia

- Bruised or callused knuckles, blood shot eyes, light bruising under eyes
- Sore throat/swollen glands
- Binging (eating large amounts of food over a short time) followed by purging (forceful vomiting)
- Fear of not being able to control eating
- Trips to the bathroom following meals, sometimes running water to hide the sound of vomiting
Binge Eating Disorder

- Chronic dieting with or without losing weight
- Eating in private
- Eating very quickly
- Eating until uncomfortably full
- Feeling depressed or ashamed about his or her eating habits
- High blood pressure or cholesterol
- Leg and joint pain, decreased activity

Intentional Insulin Restriction for Weight Loss

- Constant urination
- Constant thirst
- Excessive appetite
- High blood glucose
- Weakness
- Fatigue
- Large amounts of glucose in urine
- Severe weight loss
- Proteinuria
- Dehydration
- Edema
- Diabetic ketoacidosis

If you or someone you know has an eating disorder, refer to the following websites for information on how to help.


http://teenshealth.org/teen/your_mind/friends/friend_eating_disorder.html

http://www.nationaleatingdisorders.org/find-help-support