Expert Care. Lasting Recovery.

Offering a full spectrum of treatment programs for:

- Anorexia Nervosa
- Bulimia Nervosa
- Avoidant/Restrictive Food Intake Disorder (ARFID)
- Binge Eating Disorder
- Mood & Anxiety
- Other Specified Feeding and Eating Disorders (OSFED)

For more information about our full continuum of care for children, adolescents and adults, please contact:

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Austin, TX – Bellevue, WA – Chicago, IL – Cincinnati, OH – Dallas, TX
Denver, CO – Greenville, SC – Houston, TX – Sacramento, CA – San Antonio, TX
# Guidelines for Assessing Eating Disorders

## Laboratory Tests
- Complete Metabolic Profile
- CBC with Differential
- TSH, Free T3, T4
- EKG
- Phosphorus
- Magnesium
- Amylase
- Lipase
- Liver Profile
- U/A and Specific Gravity
- Bone Density Scan
- Uric Acid

## Signs and Symptoms
- Fatigue
- Sleep Disturbances
- Dizziness/Fainting
- Weakness
- Chest Pain
- Shortness of Breath
- Depression
- Anxiety
- Cold Intolerance
- Broken Bones
- Brittle Hair and Nails
- Bloated/Heartburn
- Abdominal Pain
- Constipation/Diarrhea
- Loss of Muscle Mass
- Obsession with Exercise
- Obsession with Calories, Food and Weight
- Low Self-Esteem
- Pale or “Gray” Appearance to the Skin
- Vague or Secretive Eating Patterns
- Use of Diet Pills, Laxatives, Ipecac Syrup or Enemas

## Physical Examination
- Blind Weight and Height in an Exam Room, Not a Public Scale
- Wearing Light Gown, Empty Bladder
- Measurements Taken by Provider
- Ideally a Consistent Scale
- Orthostatic Vital Signs and Temperature
- Full Physical

## Physical Findings

### Anorexia Nervosa
- Weight Loss >15%
- Emaciation
- Bradycardia
- Hypotensive
- Hypothermia
- Lanugo Hair (Soft, Downy, White Hair)
- Carotenemia
- Hyperkeratosis
- Edema (Swelling)
- Anemia
- Amenorrhea (Loss of Menses)
- Spontaneous Fractures

### Bulimia Nervosa
- Normal or Overweight
- Hypertensive
- Swollen Parotid Glands
- Dental Erosions
- Scars on Knuckles of Hands
- Edema
- Extremity Weakness
- Esophagitis
- Electrolyte Imbalance
- Sore Throat

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Eating Recovery Center’s mission is to provide the very best care to patients, families and providers of care in the treatment of, and recovery from, eating disorders and related conditions.