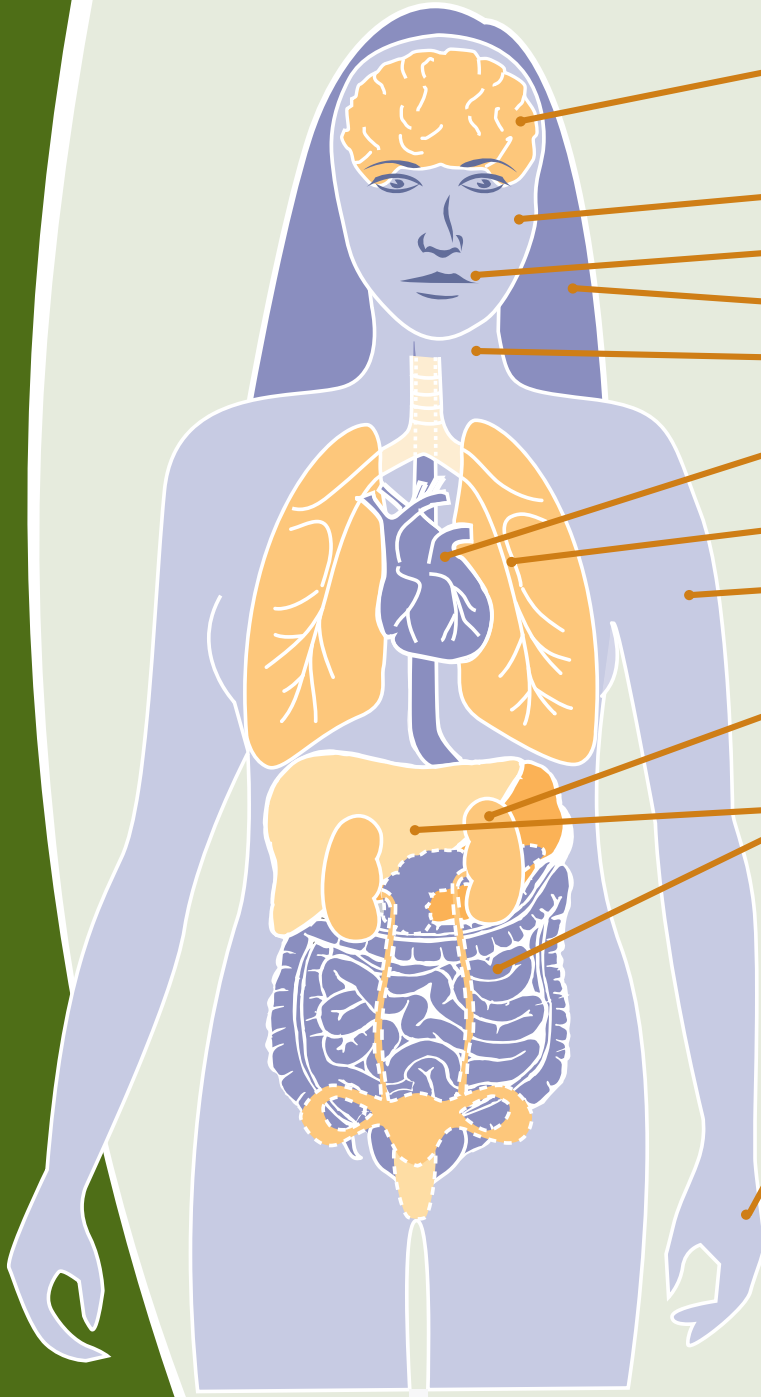


Start the conversation

Signs and symptoms of eating disorders



Anorexia Nervosa

Brain and Nerves
anxious/obsessive thoughts, cognitive dulling, fear of gaining weight, sad, moody, fainting, changes in brain chemistry

Bulimia Nervosa

Brain
depression, anxiety, dizziness, shame, low self-esteem

Binge Eating Disorder

Brain
increased risk for depression, anxiety

Cheek, Face
swelling, soreness, nosebleeds

Mouth
cavities, tooth enamel erosion, gum disease, teeth sensitive to hot and cold foods

Breath
shortness of breath, obstructive sleep apnea

Hair
hair thins, falls out

Throat & Esophagus
sore, irritated, can tear and rupture, blood in vomit, heartburn

Heart
low blood pressure, slow heart rate, fluttering of the heart (palpitations), heart failure

Heart
irregular heart beat, heart failure, palpitations

Heart
high blood pressure, high cholesterol, heart disease

Blood
anemia and other blood cell problems

Muscles, Joints and Bones
weak muscles, fractures, osteoporosis

Muscles
fatigue

Joints
decreased mobility due to joint degeneration

Body Electrolytes
low glucose, phosphorous and sodium, prealbumin

Body Electrolytes
dehydration, low potassium, magnesium and sodium

Metabolism
metabolic syndrome, Diabetes Type II

Kidneys
kidney stones, kidney failure

Kidneys
kidney failure

Liver
non-alcoholic fatty liver, gallbladder disease

Intestines
constipation, bloating, liver failure, slowed mobility, obstruction

Intestines
constipation, irregular bowel movements (BMs), bloating, diarrhea, abdominal cramping, rectal prolapse, poor diabetes control

Intestines
acid reflux, diarrhea

Hormones
periods stop, problems growing. Pregnant, higher risk for miscarriage, baby with low birthweight, and post partum depression, lower sex hormones

Hormone
irregular periods

Weight
often associated with obesity

Skin
bruise easily, dry skin, growth of fine hair all over body, get cold easily, yellow skin, brittle nails, blue fingertips

Skin
abrasion of knuckles, dry skin

Dash line indicates that organ is behind other main organs.



Contact us today for a free, confidential assessment with a master's level eating disorder therapist or to learn more about Eating Recovery Center.

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