



Anorexia Nervosa

What is Anorexia Nervosa?

Anorexia nervosa is a serious medical and mental health condition that can be life-threatening. It is characterized by an obsessive fear of weight gain, a distorted body image, and a refusal to maintain a healthy body weight. Sufferers may restrict caloric intake or purge calories consumed through vomiting, laxative/diuretic abuse and/or compulsive exercise.

Anorexia often occurs alongside other mental illnesses, including:

- Depression
- Anxiety disorders
- Mood disorder
- Personality disorders
- Obsessive compulsive disorders
- Substance use disorder

Symptoms

One of the most common misconceptions about anorexia is that sufferers are underweight, which is not always the case. In many instances, a patient with anorexia may appear to be healthy, but is actually malnourished. It's important to understand all the warning signs and symptoms.

Medical symptoms

- Significant/dramatic decrease in normal growth chart curve for weight
- Excessive or compulsive exercise
- Bradycardia (abnormally low heart rate) and/or orthostasis
- Absence of or delayed onset of or sporadic/light menses
- Fatigue, cold-intolerance, dizziness and/or hair thinning/loss

Common behavioral warning signs

- Extreme weight loss
- Calorie restriction
- Obsession with food, weight, calories and/or dieting
- Sudden interest in "healthy" or clean eating, vegetarianism, veganism, elimination diets, etc.
- Intense fear of being fat or weight gain
- inability to maintain a healthy body weight
- Strange eating habits or food rituals
- Denial of hunger or weight loss
- Compulsive exercising
- Withdrawal from friends, family and activities/routines
- Personality changes, including increased irritability, depression and anxiety

Health Risks

The health risks associated with anorexia are serious and potentially lethal. The most serious health risk of anorexia is increased mortality rate. Other health risks include:

- Cardiac complications
- Heart, kidney and liver failure
- Bone loss/osteoporosis
- Anemia
- Electrolyte imbalances
- Low blood sugar
- Constipation, bloating and other gastrointestinal issues
- Amenorrhea
- Fertility challenges
- Low testosterone
- Suicide

If you or someone you know is struggling with anorexia, seek help immediately. If left untreated, there can be far-reaching health consequences.

DID YOU KNOW?

- Anorexia is the most deadly mental illness, with a higher mortality rate than any other mental illness.¹
- 1 in 5 anorexia deaths is by suicide.²
- 50-80% of the risk for anorexia is genetic.³

We're here to start the conversation with you

Recovery can begin with a single conversation. If you are feeling isolated and suffering – or you suspect someone else is – we urge you to reach out to us. Please call our Masters-level clinicians today at 877-825-8584.

1. Eating Disorders Coalition, Facts About Eating Disorders: What the Research Shows.
2. Arcelus, J., Mitchell, A. J., Wales, J., & Nielsen, S. (2011). Mortality rates in patients with anorexia nervosa and other eating disorders: a meta-analysis of 36 studies. *Archives of General Psychiatry*, 68(7), 724-731.
3. Trace, S. E., Baker, J. H., Peñas-Lledó, E., & Bulik, C. M. (2013). The genetics of eating disorders. *Annual Review of Clinical Psychology*, 9, 589-620.



Anorexia Self-assessment Quiz

- Do you struggle with an intense fear of gaining weight and becoming fat?
- Do you significantly restrict your food intake?
- Do you experience an extreme disturbance in your body image or experience regular negative thoughts about your body?
- Have friends or family expressed concern about your weight loss and eating habits?

If any or all of the following warning signs describe you or a loved one, help is available at ERC. To talk to one of our Masters-level clinicians, please call us at **877-825-8584**. A full and lasting recovery is possible with the right help.

	INPATIENT*	RESIDENTIAL*	PARTIAL HOSPITALIZATION*	INTENSIVE OUTPATIENT*
Description:	<ul style="list-style-type: none"> • 24/7 Supervision and medical support to provide medical, psychiatric and nutritional stability 	<ul style="list-style-type: none"> • 24/7 supervision and medical support to prevent harmful behaviors in a total containment environment 	<ul style="list-style-type: none"> • Up to 11 hours of daily treatment, including weekends, after which patients return home or to supported apartment 	<ul style="list-style-type: none"> • Intensive weekly treatment, up to 22 hours a week
Patient Status:	<ul style="list-style-type: none"> • Medical issues, psychiatric instability, detox, malnutrition 	<ul style="list-style-type: none"> • Inability to contain self, inability to refrain from behaviors 	<ul style="list-style-type: none"> • Possess ability to practice recovery skills independently 	<ul style="list-style-type: none"> • Does not require medical support at this level of care
Program Goals:	<ul style="list-style-type: none"> • Medical, psychiatric and nutritional stabilization • Interrupt behaviors 	<ul style="list-style-type: none"> • To interrupt behaviors, improve co-morbidities, stabilize weight and begin learning recovery skills 	<ul style="list-style-type: none"> • To improve medical co-morbidities, stabilize weight plus learn and apply life skills in a home environment 	<ul style="list-style-type: none"> • To integrate recovery skills into everyday life and maintain treatment gains from higher levels of care
Treatment Team:	<ul style="list-style-type: none"> • Psychiatrist, therapist, RD, internal medicine doctor, nurse and often family therapist 	<ul style="list-style-type: none"> • Psychiatrist, therapist, family therapist, dietician, internal medicine physician and nurse 	<ul style="list-style-type: none"> • Psychiatrist, therapist, family therapist, dietician, internal medicine physician, nurse 	<ul style="list-style-type: none"> • Family or Individual Therapist and Dietitian
Medical Care:	<ul style="list-style-type: none"> • 24/7 nursing, daily MD visit, complete physical by internal medicine, Labs/EKG as needed, daily vitals and weights 	<ul style="list-style-type: none"> • 24/7 nursing care • Complete physical by internal medicine physician • Internal medicine physician visits • Labs, EKG, vitals as needed 	<ul style="list-style-type: none"> • Complete weight physical by internal medicine physician • Internal medicine physician visits • Labs, EKG, vitals as needed 	<ul style="list-style-type: none"> • Internal medicine as needed
Psychiatric Care:	<ul style="list-style-type: none"> • Daily psychiatric appointment, medication management, team rounds 	<ul style="list-style-type: none"> • Individual psychiatry • Full treatment team rounds with patient present 	<ul style="list-style-type: none"> • Individual psychiatry • Full treatment team rounds with patient present 	<ul style="list-style-type: none"> • Individual psychiatry
Behavioral Care:	<ul style="list-style-type: none"> • Trauma-informed care and intensive therapy, including: <ul style="list-style-type: none"> - Acceptance & Commitment Therapy (ACT) - Dialectical Behavior Therapy (DBT) - Exposure & Response Prevention Therapy (ERP) • Weekly individual psychotherapy • Daily group therapy and skills-based education groups • Weekly family therapy 	<ul style="list-style-type: none"> • Trauma-informed care and intensive therapy, including: <ul style="list-style-type: none"> - Acceptance & Commitment Therapy (ACT) - Dialectical Behavior Therapy (DBT) - Exposure & Response Prevention Therapy (ERP) • Weekly individual psychotherapy • Daily group therapy and skills-based education groups • Weekly family therapy 	<ul style="list-style-type: none"> • Trauma-informed care and intensive therapy, including: <ul style="list-style-type: none"> - Acceptance & Commitment Therapy (ACT) - Dialectical Behavior Therapy (DBT) - Exposure & Response Prevention Therapy (ERP) • Weekly individual psychotherapy • Daily group therapy and skills-based education groups • Weekly family therapy 	<ul style="list-style-type: none"> • Trauma-informed care and intensive therapy, including: <ul style="list-style-type: none"> - Acceptance & Commitment Therapy (ACT) - Dialectical Behavior Therapy (DBT) - Exposure & Response Prevention Therapy (ERP) • Individual psychotherapy • Group therapy
Nutritional Care:	<ul style="list-style-type: none"> • Individualized meal planning based on patient's status • Daily supervised and supported meals and snacks • Individual nutrition counseling • Daily group activities to learn various nutrition skills 	<ul style="list-style-type: none"> • Individualized meal planning based on patient's status • Daily supervised and supported meals and snacks • Individual nutrition counseling • Daily group activities to learn various nutrition skills 	<ul style="list-style-type: none"> • Individualized meal planning based on patient's status • Daily supervised and supported meals and snacks • Individual nutrition counseling • Daily group activities to learn various nutrition skills 	<ul style="list-style-type: none"> • Individualized meal planning • Individual nutrition therapy • Nutrition groups (skills, education, exposure) • Supervised meals

* Treatment is individualized to optimize patient recovery. This information is a general guide to the services provided and should not be interpreted as a contract for services.

**For a free assessment by a Masters-level clinician,
call 1-877-825-8584 or visit www.EatingRecovery.com**

