

START THE CONVERSATION: RECOGNIZING EATING DISORDER SIGNS AND SYMPTOMS

Anorexia Nervosa (AN) and Avoidant/Restrictive Food Intake Disorder (ARFID)

Medical Signs and Symptoms

- ☐ Significant weight loss
- ☐ Deviation from previous growth trajectory on growth charts
- ☐ Bradycardia and/or orthostasis
- ☐ Fatigue, cold intolerance, dizziness and/or hair thinning/loss

Behavioral Signs

- ☐ Preoccupation with weight, food, calories and dieting (AN only)
- ☐ Refusal to eat certain foods, including entire categories of food (e.g., no carbohydrates) or foods with certain textures
- ☐ Frequent comments about feeling “fat” or overweight (AN only)
- ☐ Denial of hunger
- ☐ Inadequate calorie consumption
- ☐ Excessive or compulsive exercise (AN only)
- ☐ Suicidal thoughts, hopelessness

Bulimia Nervosa (BN)

Medical Signs and Symptoms

- ☐ Dizziness, fainting
- ☐ Electrolyte abnormalities (abnormal potassium, sodium and bicarbonate chloride)
- ☐ Numbness/tingling
- ☐ Gastroesophageal reflux disease (GERD)
- ☐ Constipation with withdrawal from laxative abuse
- ☐ Legs swelling
- ☐ Erosion of tooth enamel with or without dental decay
- ☐ Swollen parotid glands
- ☐ Weight instability

Behavioral Signs of BN and BED

- ☐ Depression, anxiety or trauma-related conditions
- ☐ Substance use
- ☐ Struggles with medical compliance and/or difficulty changing eating behaviors
- ☐ Suicidal thoughts
- ☐ Consuming a large portion of daily calories after the evening meal or during the night

Binge Eating Disorder (BED)

Medical Signs and Symptoms

- ☐ Mobility problems, osteoarthritis
- ☐ High blood pressure
- ☐ High cholesterol
- ☐ Heart disease
- ☐ Type 2 diabetes
- ☐ Hypertension
- ☐ Some types of cancer
- ☐ Gallbladder disease
- ☐ GERD
- ☐ Chronic pain
- ☐ Sleep apnea
- ☐ Weight gain or weight fluctuations

Medical Symptoms by Department

Emergency Department

- ☐ Seizures, heart failure, fainting
- ☐ Critically low potassium
- ☐ Chest pain
- ☐ Low blood pressure, low heart rate
- ☐ Stress fractures
- ☐ Edema after stopping purging – pseudo-bartter's syndrome
- ☐ Malnutrition and vitamin deficiencies
- ☐ “Frequent flyers” with nondescript complaints – stomachache, weakness, headaches, fatigue, musculoskeletal pain

Registered Nurses & Dietitians

- ☐ Low or high BMI
- ☐ Recent weight change
- ☐ Malnutrition and vitamin deficiencies
- ☐ History of significant weight fluctuation
- ☐ Failure to thrive
- ☐ Edema when stop purging behaviors
- ☐ Lanugo
- ☐ Hair thinning/loss
- ☐ Abnormal vital signs

Coronary Care Unit/ Intensive Care Unit

- ☐ Seizures
- ☐ Cardiac symptoms (under 30 years old) – heart failure, abnormal EKG
- ☐ Bradycardia
- ☐ Critical electrolyte deficiencies: low potassium or low sodium
- ☐ Refeeding syndrome
- ☐ Low blood sugar

Gastroenterology

- ☐ Constipation/diarrhea (upper and lower endoscopy results are unremarkable)
- ☐ Gastroparesis – fullness, bloating
- ☐ Abnormal liver function test
- ☐ Functional bowel disease (unremarkable test) can lead to IBS dx. Meds to regulate bowels are counterproductive if eating disorder present
- ☐ GERD, vomiting

Endocrinology

- ☐ Irregular menses
- ☐ Osteoporosis in under 50 years old
- ☐ Abnormal thyroid test
- ☐ Using too little insulin in diabetic patient
- ☐ Hypercortisolemia

Obstetrics/ Gynecology

- ☐ Miscarriage history
- ☐ Irregular menses
- ☐ Children born small for gestational age
- ☐ Gestational diabetes
- ☐ Infertility
- ☐ Polycystic ovarian disease (PCOD)

Hematology

- ☐ Low white blood count – leukopenia
- ☐ Gelatinous marrow transformation
- ☐ Anemia

Note: Others specified feeding or eating disorders (OSFED) may present with any of the above signs and symptoms.

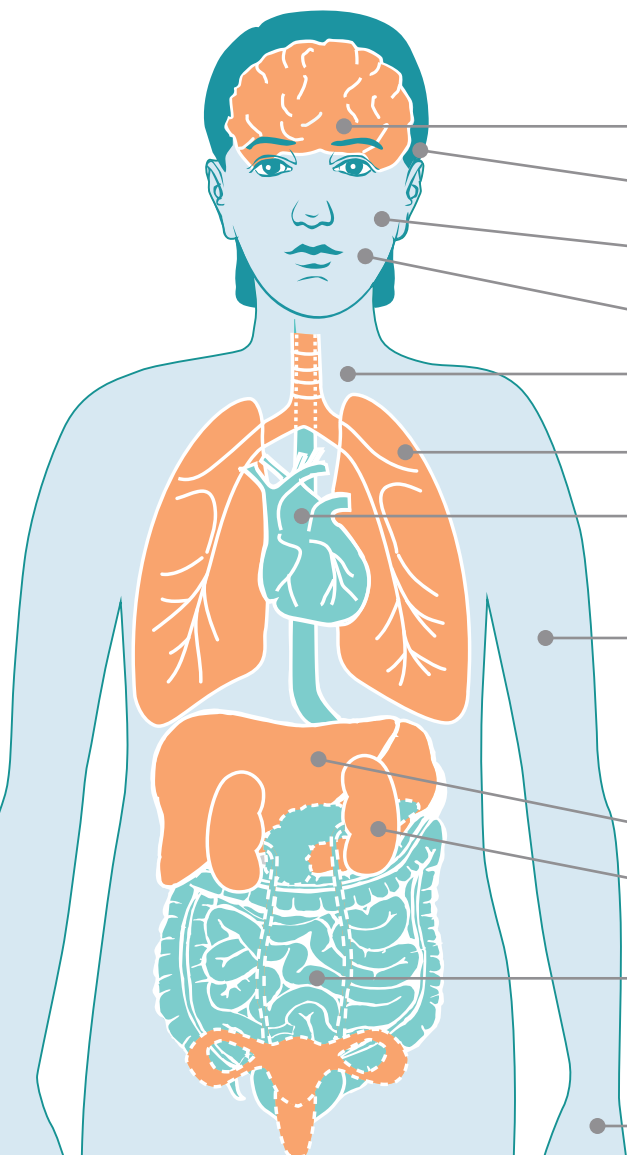
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START THE CONVERSATION

Signs and Symptoms of Eating Disorders



	Anorexia and ARFID	Bulimia	Binge Eating Disorder
BRAIN	Anxious/obsessive thoughts, cognitive dulling, sadness, moodiness, changes in brain chemistry	Depression, anxiety, dizziness, shame, low self-esteem, increased risk of substance use	Increased risk for depression, anxiety, substance abuse
HAIR	Hair thinning/loss		
CHEEK & FACE		Swelling, soreness, nosebleeds, broken blood vessels in whites of eyes	
MOUTH		Cavities, tooth enamel erosion, gum disease, teeth sensitive to hot and cold foods	
THROAT & ESOPHAGUS		Soreness, irritation, tendency to tear/rupture, blood in vomit, heartburn	
LUNGS			Shortness of breath, obstructive sleep apnea
HEART	Low blood pressure, slow heart rate, palpitations, heart failure, fainting	Irregular heart beat, heart failure, palpitations	High blood pressure, high cholesterol, Heart disease
BLOOD	Anemia, low white blood cell count, low platelets		
MUSCLES, JOINTS & BONES	Low muscle mass, fractures, osteoporosis	Fatigue, muscle cramping	Decreased mobility, joint degeneration
ELECTROLYTES	Low glucose, phosphorus and sodium	Dehydration, low potassium, magnesium And sodium	
METABOLISM			Metabolic syndrome, type 2 diabetes
LIVER			Nonalcoholic fatty liver, gallbladder disease
KIDNEYS	Kidney stones, kidney failure	Kidney failure	
INTESTINES	Constipation or diarrhea, bloating, liver failure, slowed motility	Constipation, irregularity, bloating, diarrhea, abdominal cramping, rectal prolapse, poor diabetes control	Acid reflux, diarrhea
HORMONES	Irregular menses, lower sex hormones, delayed growth, delayed or interrupted puberty	Irregular menses, PCOD	Irregular menses
SKIN	Easy bruising, dry skin, lanugo, gets cold easily, yellow skin, brittle nails, blue fingertips	Knuckle abrasions, dry skin	

Dash line indicates that organ is behind other main organs.

Note: Other Specified feeding or eating disorders (OSFED) may present with any of the above signs and symptoms.

For more information on how to screen for an eating disorder, scan here.



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