

Common Symptoms of Eating Disorders

Symptoms	Anorexia Nervosa	Bulimia Nervosa	Binge Eating Disorder
Excessive weight loss in relatively short period of time	X		
Continuation of dieting although bone thin	X		
Dissatisfaction with appearance; belief that body is fat, even though severely underweight	X		
Loss of monthly menstrual period	X	X	
Unusual interest in food and development of strange eating rituals	X	X	
Eating in secret	X	X	X
Obsession with exercise	X	X	
Serious depression	X	X	X
Binging – consumption of large amounts of food		X	X
Vomiting or use of drugs to stimulate vomiting, bowel movements and urination		X	
Binging but no noticeable weight gain		X	
Disappearance into bathroom for long periods of time		X	
Abuse of drugs and alcohol		X	X

*Some individuals suffer from anorexia and bulimia and have symptoms of both disorders.

Medical Complications and Hazards

Constipation	Diabetes	Gland enlargement
Dehydration	Bloating	Cardiac arrest
Liver damage	Internal bleeding	Thyroid malfunction
Cessation of menstruation	Erosion of teeth enamel	Loss of hair
Starvation	Mineral imbalance	Stroke
Kidney damage	Muscle wasting	Obesity
Slowed metabolism	Death	