



## Eating Disorders: Signs & Symptoms

In a culture obsessed with thinness and dieting, it can be difficult to recognize when a person's thinking or behavior has become dangerous. With the number of people with eating disorders on the rise, it is likely that you, a family member or someone you know may show some of the following signs and symptoms.

### A Person With Anorexia...

- Is thin and continues to get thinner
- Diets even though she is not overweight
- Has a distorted body-image — feels fat even when she is thin
- Loses or experiences thinning hair
- Talks excessively about food, cooking or dieting

### A Person With Bulimia...

- Engages in binge eating
- Uses the bathroom frequently after meals
- Reacts to stress by overeating
- Experiences frequent fluctuations in weight
- Has depressive moods

### A Person With A Binge Eating Disorder...

- Eats large amounts of food when not physically hungry
- Eats rapidly
- Eats to the point of feeling uncomfortably full
- Often eats alone because of shame or embarrassment
- Has a history of marked weight fluctuations

For more information on food, weight or body image issues,  
please contact The Renfrew Center by calling 1-800-RENFREW  
or visiting [www.renfrewcenter.com](http://www.renfrewcenter.com).