

# HOW TO SPOT AN Eating Disorder

More than 20 million women and 10 million men in the U.S. will suffer from an eating disorder at some point in their lifetime. The serious risks can include heart disease, auto-immune disorders, or even death. Here's what you need to watch for.

*Written by Lorrie Crow Kimble and Katy Magazine's Editors*

**Distorted body image**  
**Intense fear of gaining weight**  
**Extreme dieting and food rituals**

## ANOREXIA NERVOSA

**MOST AT RISK** Adolescents ages 13 to 18

**PHYSICAL SIGNS** Loss of menstrual period, fatigue, dizziness, fainting, always cold, bluish fingertips, and dry skin.

**MUST KNOWS** Can be associated with other occurring mental disorders such as anxiety, mood, body dysmorphic, and post-traumatic disorders.

**Using bathroom after meals**  
**Obsessed with and hiding food**  
**Extreme starving then binging**

## BULIMIA NERVOSA

**MOST AT RISK** 90% are women ages 12 to 25

**PHYSICAL SIGNS** Calluses on knuckles or hands, puffy cheeks, discolored teeth. Not usually underweight.

**MUST KNOWS** Vomiting and laxatives may result in electrolyte imbalances that can cause lethargy, irregular heartbeat, kidney failure, and death.

**Insatiable appetite**  
**Lack of control over eating**  
**Eating faster and more often than most**

## BINGE EATING DISORDER

**MOST AT RISK** Women slightly more than men

**PHYSICAL SIGNS** Usually obese or heavier than peers

**MUST KNOWS** Affects 3.5% of women, 2% of men, and 1.6% of teens. Health risks include high blood pressure, high cholesterol, heart disease, diabetes, and more.

**Wakes frequently and eats**  
**Craves carbs, starches, & sugars**  
**Eats most food at dinner and at night**

## NIGHT EATING SYNDROME

**MOST AT RISK** Both men and women equally

**PHYSICAL SIGNS** Usually obese or heavier than peers

**MUST KNOWS** One study suggests that 27% of people who are overweight by 100 pounds have this problem.

# Did you know?

Studies show 35 to 57% of adolescent girls engage in crash dieting, fasting, self-induced vomiting, diet pills, or laxatives.

Eating disorders can be genetic or caused by psychological issues like coping skills, control issues, family troubles, or trauma.

Almost half of those suffering also meet the criteria for depression.

Eating disorders are considered a mental illness where there is an unhealthy relationship with food.

69% of girls ages 10 to 18 confirm that images of models and celebrities inspired their desired body shape.

## WAYS TO GET HELP

Ask your doctor, therapist, or school counselor. Tell someone you need help. Get referrals from local hospitals.

Call the National Eating Disorders Hotline at 1-800-931-2237

## SPECIAL THANKS

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