

# Eating Disorders: Signs & Symptoms



*The Renfrew Center Foundation was established in 1990 due to the strong need for public and professional awareness regarding anorexia, bulimia and binge eating disorder. Today, the Foundation is dedicated to advancing eating disorders education, prevention, research, advocacy, and treatment.*

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 has thinning hair.
- Talks excessively about food, cooking or dieting.
- Exercises excessively, even when tired or injured.
- Overemphasizes the importance of her body image to her self-worth.

## **A PERSON WITH BULIMIA:**

- Engages in binge eating.
- Feels like her eating is often out of control.
- Uses the bathroom frequently after meals.
- Engages in vomiting, laxative or exercise abuse.
- Reacts to stress by overeating.
- Experiences frequent fluctuations in weight.
- Overvalues her weight as a basis for her self-esteem.
- Has depressive or varying moods.

## **A PERSON WITH BINGE EATING DISORDER:**

- Eats large amounts of food when not physically hungry.
- Turns to food as a way of coping with feelings.
- Eats rapidly or eats excessively throughout the day.
- Eats to the point of feeling uncomfortably full.
- Often eats alone because of shame or embarrassment.
- Shows signs of depression and withdrawal and has extreme feelings of guilt & shame after eating.

For more information, please contact The Renfrew Center Foundation  
at 1-877-367-3383 or visit [www.renfrewcenter.com](http://www.renfrewcenter.com)

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