

## SIGNS AND SYMPTOMS

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### ANOREXIA NERVOSA:

- Abrasions on back of hands/knuckles
- Becomes cold easily; especially the extremities
- Broken blood vessels in eyes or face
- Checking weight on scale frequently/multiple times each day
- Complains of being "too fat" despite being very thin
- Cooking for others, but not eating themselves
- Depression, irritability and mood swings
- Difficulty concentrating
- Difficulty eating in public or refusal to eat in public
- Dizziness
- Evidence of vomiting, laxative abuse, diet pills or diuretics to control weight
- Excessive exercise
- Exercising even when injured or ill
- Fainting
- Fatigue, weakness
- Feelings of self worth determined by what is or is not eaten as well as by the number on the scale
- Frequent, multiple excuses for not eating meals (i.e. ate earlier, not feeling well)
- Guilt, shame or feeling weak about eating
- Isolating from friends, family and social activities
- Highly self-critical
- Keeping meticulous track of calories consumed (e.g. including things like antacids, cough drops and low calorie sweetener. Lists of calories consumed can be found on gum wrappers, in notebooks etc.)
- Labels foods as "good" and "bad"
- Low self-esteem
- Muscle weakness and cramping, especially in the legs
- Noticeable discomfort around food
- Noticeable weight loss which is not caused by a known physical illness
- Obsession with food, calories, recipes
- Pale complexion, skin may have a 'dirty' look
- Perfectionistic attitude
- Problems with short term memory (forgetful)
- Restricting food choices to low calorie or diet foods
- Secretive about eating patterns
- Swollen salivary glands "puffy cheeks"
- Takes exquisite care of others

- Unusual eating habits (i.e. cutting food into tiny pieces, picking at food, unusual food combinations)
- Wearing baggy clothes to hide weight loss
- Yellow-orange skin

#### BULIMIA NERVOSA:

- Abrasions on back of hands and knuckles
- Avoidance of restaurants, planned meals or social events
- Binge eating
- Broken blood vessels (in eyes and face)
- Chewing and spitting food
- Dental decay and/or discoloration
- Difficulty with short term memory
- Difficulty concentrating
- Enlarged salivary or parotid glands (underside of the jaw, near the ears- sometimes referred to as chipmunk cheeks)
- Fasting (usually after a binge)
- Fatigue, lethargy
- Fear of not being able to stop eating when full
- Frequently complains of sore throat and or stomach pain
- Harsh, excessive exercise regimes (works out despite physical injury and illness)
- Ipecac abuse
- Labels food as "good" and "bad"
- Laxative, diet pill or diuretic abuse
- Mood swings, irritability, depression
- Muscle weakness, muscle cramping
- Need for approval from others
- Secretive eating (food missing)
- Self-worth determined by weight
- Self-deprecating thoughts following eating
- Severe self-criticism
- Substance abuse
- Visits bathroom after eating
- Vomiting (vomit may be found in trash bags, bowls etc.)
- Weight fluctuations (often 10-15 lbs. range)

#### BINGE EATING DISORDER/COMPULSIVE OVEREATING:

- Attempting many types of diets
- Attributing social and professional failures to high weight
- Believing s/he will be a better person once thin
- Binge eating
- Depression
- Eating little in public, while maintaining a high weight

- Fear of not being able to stop eating when full
- Feeling tormented by eating habits
- Feelings about self based on weight
- Isolating from friends, family, social activities and obligations
- Self-deprecating thoughts following binges
- Shame and guilt following bingeing, also present continuously to some degree regarding weight
- Sleep deprivation
- Weight is focal point of life
- Withdrawing from activities due to embarrassment about weight

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