

ANOREXIA NERVOSA – BULIMIA

A MULTIDIMENSIONAL PROFILE

ON-GOING
SUPPORT

PRE-DISEASE / EARLY SYMPTOMS

BULIMIA

ANOREXIA

- Low Self-Esteem
- Misperception of Hunger, Satiety & Other Bodily Sensations
- Feelings of Lack of Control In Life
 - Distorted Body Image
 - Over-Achiever
 - Compliant
 - Anxiety
 - Menstrual Cycle Stops (Amenorrhea)
 - Progressive Preoccupation With Food & Eating
 - Isolates Self From Family & Friends
 - Perfectionistic Behavior
 - Compulsive Exercise
 - Eats Alone
 - Fights With Family
 - Overeating (May Begin to Cook & Control Family's Eating)
 - Fatigue
 - Increased Facial & Body Hair (Lanugo)
 - Decreased Scalp Hair
 - Thin, Dry Scalp

- Low Self-Esteem
- Feel That Self-Worth Is Dependent On Low Weight
 - Dependent on Opposite Sex For Approval
- Normal Weight
- Constant Concern With Weight & Body Image
- Experimentation With Vomiting Laxatives & Diuretics
- Poor Impulse Control
 - Fear of Binging/Eating Getting Out of Control
- Embarrassment
 - Anxiety
- Depression
 - Self-Indulgent Behavior
- Eats Alone
- Preoccupation With Eating & Food
 - Tiredness, Apathy, Irritability
- Gastrointestinal Disorders
 - Elimination of Normal Activities
 - Anemia
 - Social Isolation/Distancing Friends & Family
 - Dishonesty-Lying
 - Stealing Food/Money
 - Tooth Damage (Gum Disease)
 - Binging/High Carbohydrate Foods
- Drug & Alcohol Abuse
 - Laxative & Diuretic Abuse
- Mood Swings
 - Chronic Sore Throat
- Difficulties in Breathing/Swallowing
 - Hypokalemia (Abnormally Low Potassium Concentration)
- Electrolyte Imbalance
 - General Ill Health/Constant Physical Problems
- Possible Rupture of Heart Or Esophagus/Peritonitis
 - Dehydration
- Irregular Heart Rhythms
 - Suicidal Tendencies Attempts
- Denial of Problem (See Self as Fat)
- Joint Pain (Difficulty Walking & Sitting)
 - Sleep Disturbance
- Fear of Food & Gaining Weight

EARLY SYMPTOMS
MIDDLE STAGE SYMPTOMS
CRUCIAL STAGE SYMPTOMS

RECOGNITION OF
NEED FOR HELP

REHABILITATION

RECOVERY

- Trust/Openness
- Understanding of Personal Needs
- Honesty
- Increased Assertiveness
- Improved Self-Image
- Developing Optimism
- Respect of Family & Friends
- More Understanding of Family
- Full Awareness & At Ease With Life
- Appreciation of Spiritual Values
- Enjoyment of Eating Food Without Guilt
- Acceptance of Personal Limitations
- Return of Regular Menstrual Cycles
- New Interest
- New Friends
- Achievement of Personal Goals in a Wide Range of Activities
- Self-Approval (Not Dependent on Weight)
- Relief From Guilt & Depression
- Diminished Fears
- Resumption of Normal Eating
- Resumption of Normal Self-Control
- Begin to Relax
- Acceptance of Illness
- Participation in a Treatment Program
- Acceptance of a Psychiatric Treatment Plan

Courtesy of

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The progression of symptoms and recovery signs are based on the most repeated experiences of those with Anorexia and Bulimia. When a patient with Anorexia becomes bulimic, she will experience symptoms characteristic of both eating disorders. While every symptom in the chart does not occur in every case or in any specific sequence, it does portray an average progression pattern. The goals and resultant behavior changes in the recovery process are similar for both eating disorders.