

## Signs and Symptoms of Bulimia Nervosa



Bulimia nervosa is characterized by recurrent episodes of binge eating followed by purging or compensatory behaviors which may include vomiting, laxative abuse, exercising, or fasting. Emerging research suggests that biological factors may predispose individuals to bulimia nervosa. The onset of bulimia nervosa is usually in adolescence or early adulthood.

- Binge eating/overeating until uncomfortably full
- A sense of feeling out of control or unable to stop or control what one is eating
- Frequent bathroom visits after meals
- Increased isolation for secretive bingeing and purging
- Frequent dieting; dieting attempts often fail
- Average to overweight body size
- Excessive concern about weight and body image
- Low self-esteem
- Self-evaluation unduly influenced by body shape or size
- Denial of problem

- Depressed mood/mood swings
- Frequent fluctuations in weight
- Teeth marks on knuckles
- Feels guilty about eating
- Chewing food and spitting out
- Erosion of tooth enamel
- Electrolyte imbalance
- Enlarged parotid glands
- Inflammation of the esophagus
- Stomach damage
- Peptic ulcers
- Pancreatitis
- Long-term constipation

If you or someone you know has any of these symptoms, discuss your concerns with a doctor, family member, or friend as soon as possible. Many times a person does not get treatment until someone else notices these signs and encourages them to seek help.