

# Eating Disorders

## *What are eating disorders?*

Eating disorders are not a choice. Eating disorders are serious mental health disorders that can result in death. Eating disorders are mental health issues that involve disturbances in eating patterns which may be a result of thoughts and emotions.

## *Symptoms of Eating Disorders*

There are different types of eating disorders such as anorexia nervosa and bulimia nervosa. Symptoms include:

*Obsession or preoccupation with food, weight, and shape*

### Symptoms and side effects of Anorexia

- Avoiding or restricting food
- Repeatedly checking weight
- Being underweight



### Symptoms and side effects of Bulimia

- Eating large amounts of food followed by forced vomiting, and/or the excessive use of laxatives or diuretics
- Severe dehydration
- Intestinal distress

## How to confront Eating Disorders

Eating disorders are fatal and life threatening mental health disorders. It is important to seek help from a mental health professional for eating disorders.