



Eating Disorders and Disordered Eating

- Over 30 Million people suffer from an eating disorder over the course of their lifetime, regardless of ethnicity, gender or age.
- Eating disorders negatively affect one's physical and emotional health.
- Preoccupation with food, weight or body shape can make it very difficult to enjoy life as well as pose serious health issues if left untreated.
- If you or someone you know is suffering from an eating disorder please seek help.
- Early detection and intervention are important, no matter the time frame.

Full Recovery Is Possible
with specialized treatment, guidance and
support from loved ones.

We have a care team ready to personalize treatment plans for individual needs.

Physical Symptoms

- Fluctuations in Body Weight
- Impaired Immune function
- Difficulties concentrating
- Sleep problems
- Dizziness, especially upon standing
- Fainting/Syncope
- Muscle weakness
- Menstrual irregularities
- Dry skin and hair, and brittle nails

Behavioral Symptoms

- Preoccupation with food, weight & body shape
- Compulsive Exercise
- Withdrawal from family, friends and activities
- Change in food and/or nutrient intake patterns
- Feeling out of control when eating
- Fear of foods or food experiences
- Persistent use of a mirror for body checking
- Extreme mood swings

*While the symptoms listed may indicate an eating disorder, they are not all-inclusive. If you are concerned about someone, speak with them or seek professional guidance.

