
An Education on Eating Disorders

continued

- Use of compensatory “purging” behaviors after binges, such as self-induced vomiting, laxative or diuretic abuse, fasting, and/or compulsive exercise
- Extreme concern with body weight and shape
- Warning signs of bulimia include: evidence of binges including the rapid disappearance of large amounts of food or the existence of many empty food packages; evidence of purging such as trips to the bathroom after meals, signs and/or smells of vomiting, presence of empty laxative or diuretics packages; a rigid exercise routine even if sick or injured; the creation of complex schedules or rituals to make time for binge-and-purge sessions, and withdrawing from friends and activities.

- Physically, an individual with bulimia may present with swelling of the cheeks or jaw, stained teeth, and calluses on hands or knuckles from vomiting.

Binge Eating Disorder (or Compulsive Overeating)

Binge Eating Disorder has four primary symptoms:

- Recurrent binge eating similar to bulimia without the compensatory measures to rid oneself of the food
- Extreme discomfort from consuming large quantities of food
- Avoidance of social activities that draw attention to one’s body or involve food or eat only small amounts around others
- A history of cyclical dieting, depression, and weight gain