

## **Symptoms of Anorexia Nervosa**

- \* A distorted body image such as thinking they are fat, when they are not.
- \* An obsession with fat and losing weight when not overweight or even underweight
  - \* Irrational fear of gaining weight, even when underweight.
- \* Amenorrhea, which is missing period at least three months in a row.
- \* May have unusual food behaviors such as cutting food into very small pieces or being unable to eat a normal portion of food.
- \* Binging and purging behavior using laxatives or self-induced vomiting.

If you suspect that someone you love has an eating disorder, please seek professional help as soon as possible.