

Bulimia

What is it?

Bulimia is a type of eating disorder with the following criteria:

- ❑ **Recurrent episodes of binge eating:**
 - ❑ Eating large amounts of food
 - ❑ Feeling out of control while eating
- ❑ **Behaving in ways to prevent weight gain after bingeing:**
 - ❑ Self-induced vomiting
 - ❑ Using laxatives
 - ❑ Fasting
 - ❑ Excessive exercise



What are the signs?

- ❑ Feeling “out of control” around food
- ❑ Feeling the need to “get rid of” all consumed calories after a binge
- ❑ Developing excessive exercise regimes to “burn off” calories
- ❑ Creating lifestyle changes to accommodate binge-and-purge sessions
- ❑ Extreme concern with body size and weight
- ❑ Hiding food in order to binge on it later
- ❑ Noticeable changes in weight (up or down)
- ❑ Cuts and calluses on finger joints from vomiting
- ❑ Cavities or yellowed teeth from vomiting

Who has it?

- ❑ Anyone can have bulimia: males and females of all ages and cultures
- ❑ Body weight is usually in the normal range or may be overweight
- ❑ Many people with bulimia also struggle with self-cutting, substance abuse, and impulsive/dangerous behavior

Why get help?

- ❑ Bulimia is potentially life-threatening
- ❑ Bingeing and purging can damage the digestive system, cause heart and organ failure, and create chemical and electrolyte imbalances
- ❑ Without treatment, up to 20% of people with eating disorders die