

# EATING DISORDERS

## DID YOU KNOW.....

- Eating disorders can affect males as well as females of all ages.
- An eating disorder is not a “phase” someone goes through.
- They are complex disorders involving extreme emotions, attitudes, and behavior associated with weight and food issues.
- Eating disorders include serious emotional and physical problems with dangerous health consequences.
- An eating disorder requires professional counseling as well as medical care.

### **Anorexia Nervosa**

Is characterized by self-starvation with excessive weight-loss and/or refusal to maintain a normal body weight. Symptoms may include intense fear of gaining weight, menstrual changes, fatigue, depression, brittle nails and hair, anemia, irregular heart rate, and lightheadedness.

### **Bulimia Nervosa**

Bulimia is characterized by repeated, secretive episodes of binge eating, followed by purging through self-induced vomiting, laxative abuse, and over-exercising diet pills. May be of normal weight. Symptoms may include extreme concern with body image, feeling out of control, dehydration, fatigue, irritability, dry skin, damaged teeth and gums, and swollen cheeks.

### **Binge Eating Disorder**

Is characterized by recurrent periods of uncontrolled, impulsive eating, past the point of comfortable fullness, without purging. Body weight can vary from normal to mildly, moderately, or severely obese. Symptoms may include no control over eating behavior, feelings of shame or guilt, joint pain, gall bladder disease, fatigue, increased blood pressure and cholesterol levels.

**Do you think you or someone you know  
may be suffering from an eating disorder?  
There is help.**

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TO GET STARTED ON THE PATH TO HEALING, CONTACT **BACHMANN & ASSOCIATES**. AT **BACHMANN AND ASSOCIATES**, WE ARE HERE TO HELP.

**BACHMANN &  
ASSOCIATES**  
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