

EATING DISORDERS: When to be concerned

Eating Disorders are very serious illnesses affecting approximately 5 to 10- million girls and women, and 1 million boys and men in the United States.

Do you or a family member have any of the following symptoms?

- **Restriction of Food** - This means skipping meals or eating much less than the average person eats.
- **Bingeing** - This means eating a large quantity of food in a short amount of time, while feeling out of control of your behavior.
- **Purging** - this means doing things in order to “get rid” of the food that you eat. Such as vomiting, taking medications or over exercising.
- **Isolation** - This means cutting yourself off from friends and family and other social activities that you used to enjoy.
- **Feeling Depressed** - This means that you feel sad and hopeless about the future. You may feel like hurting yourself or dying.
- **Negative Body Image** - This means thinking that your body is disgusting to the point that you do not want people to look at you. You may wear baggy clothes in order to hid your body. You may believe that your body is much bigger than it actually is.
- **Negative Self Esteem** - This means believing that you are not a good person and in general you feel badly about yourself.
- **Feeling Out of Control** - This means feeling that you have no control over our life and you may feel that food controls you. You may feel that all you think about is food and/or losing weight.

*If any of the above symptoms sound familiar, it is **very** important that you talk with your doctor about them as soon as possible. this does not necessarily mean that you have an eating disorder, but it may mean that you are at risk for developing and eating disorder and getting help early may make the difference.*

Nova Luna Center

Eating Disorder Programs

Phone: (808) 870-9886 Fax: (808) 878-3315