

# Signs and Symptoms of Anorexia Nervosa

Physical	Psychological	Behavioural	Long term
Extreme weight loss	Intense fear of weight gain	Eating rituals	Difficulty getting pregnant
Insufficient growth	Distorted perception of body - body dysmorphia	Eating in secrecy	Osteoporosis
Constipation or abdominal pains	Mood swings	Restlessness and hyperactivity	Death
Dizzy spells		Wearing baggy clothes	
Hair loss		Vomiting or taking laxatives	
Poor circulation			
Dry, rough, discoloured skin			
Dysmenorrhoe			
Dental Problems			

# Signs and Symptoms of Bulimia Nervosa

Physical	Psychological	Behavioural	Long term
Frequent weight changes	Uncontrollable urges to eat	Binging and vomiting cycles	Heart attack
Going to the toilet after eating	Obsession with food	Excessive use of laxatives	Rupture to stomach
Sore throat and tooth decay	Body dysmorphia	Periods of fasting	Teeth erosion
Swollen salivary glands	Mood swings	Excessive exercise	Choking
Swollen face	Anxiety and depression	Eating in secrecy	Death
Poor skin	Low self esteem	Abuse of fat burning supplements	
Dysmenorrhea	Guilt associated with eating		
Lethargy and tiredness			