

Anorexia – What is it?

- a. intense fear of _____
- b. thinks about _____ a lot
- c. limits the food she or he eats even though _____
- d. using _____ to feel more in control of life and to ease tension, anger and anxiety
- e. low _____ for his or her height
- f. resists keeping a _____
- g. has an intense fear of _____
- h. thinks he or she is _____ even when _____
- i. misses 3 _____ in a row

Who is at risk to become anorexic?

- a. _____: thin is beautiful
- b. _____: mother or sister anorexic – you could be
Parents who feel looks are important, diet themselves, or criticize their children's bodies are more likely
- c. _____: traumatic experiences like rape or stressful events like starting a new job
- d. _____: The person does not like themselves, hate the way they look, feels hopeless – often a perfectionist
- e. _____: Genes, hormones and chemicals in the brain may be factors in developing anorexia

Signs of anorexia

- a. Making self _____

- b. Taking pills to _____

- c. Taking _____

- d. Not _____

- e. _____ a lot, even in bad weather or when hurt or tired

- f. _____ food and _____ calories

- g. _____ food around the plate instead of eating it

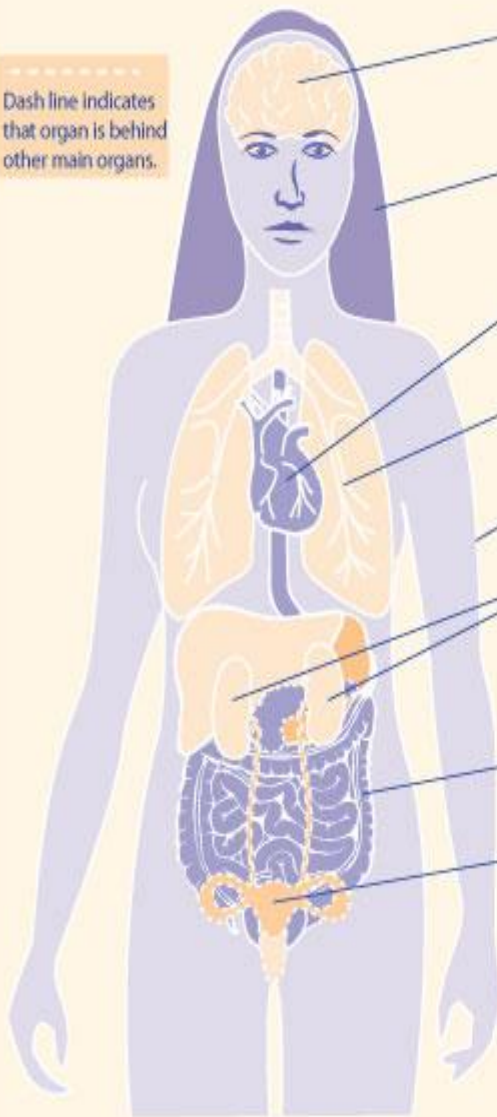
- h. Wearing _____

- i. Wont _____ in front of others

- j. _____ themselves several times a day/fearing weight gain

Anorexia affects your whole body

Dash line indicates that organ is behind other main organs.



Brain and Nerves

can't think right, fear of gaining weight, sad, moody, irritable, bad memory, fainting, changes in brain chemistry

Hair

hair thins and gets brittle

Heart

low blood pressure, slow heart rate, fluttering of the heart (palpitations), heart failure

Blood

anemia and other blood problems

Muscles, Joints, and Bones

weak muscles, swollen joints, bone loss, fractures, osteoporosis

Kidneys

kidney stones, kidney failure

Body Fluids

low potassium, magnesium, and sodium

Intestines

constipation, bloating

Hormones

periods stop, problems growing, trouble getting pregnant. If pregnant, higher risk for miscarriage, having a C-section, baby with low birthweight, and post partum depression.

Skin

bruise easily, dry skin, growth of fine hair all over body, get cold easily, yellow skin, nails get brittle