

NAME \_\_\_\_\_

## Bulimia Notes

**Bulimia Nervosa** – A mental disorder where a person will go on uncontrolled eating

\_\_\_\_\_ followed by \_\_\_\_\_ or removing, the food from their bodies.

### People with bulimia may...

- A. Be unable to control \_\_\_\_\_
- B. Eat too much food too \_\_\_\_\_
- C. Eat in \_\_\_\_\_ / \_\_\_\_\_ their behaviors
- D. Have cycles of \_\_\_\_\_
- E. Use \_\_\_\_\_ right after eating
- F. \_\_\_\_\_ or store food
- G. Fear \_\_\_\_\_
- H. Use \_\_\_\_\_ frequently

### People with Bulimia.....

Several \_\_\_\_\_ of calories a day.

Body Frame: \_\_\_\_\_

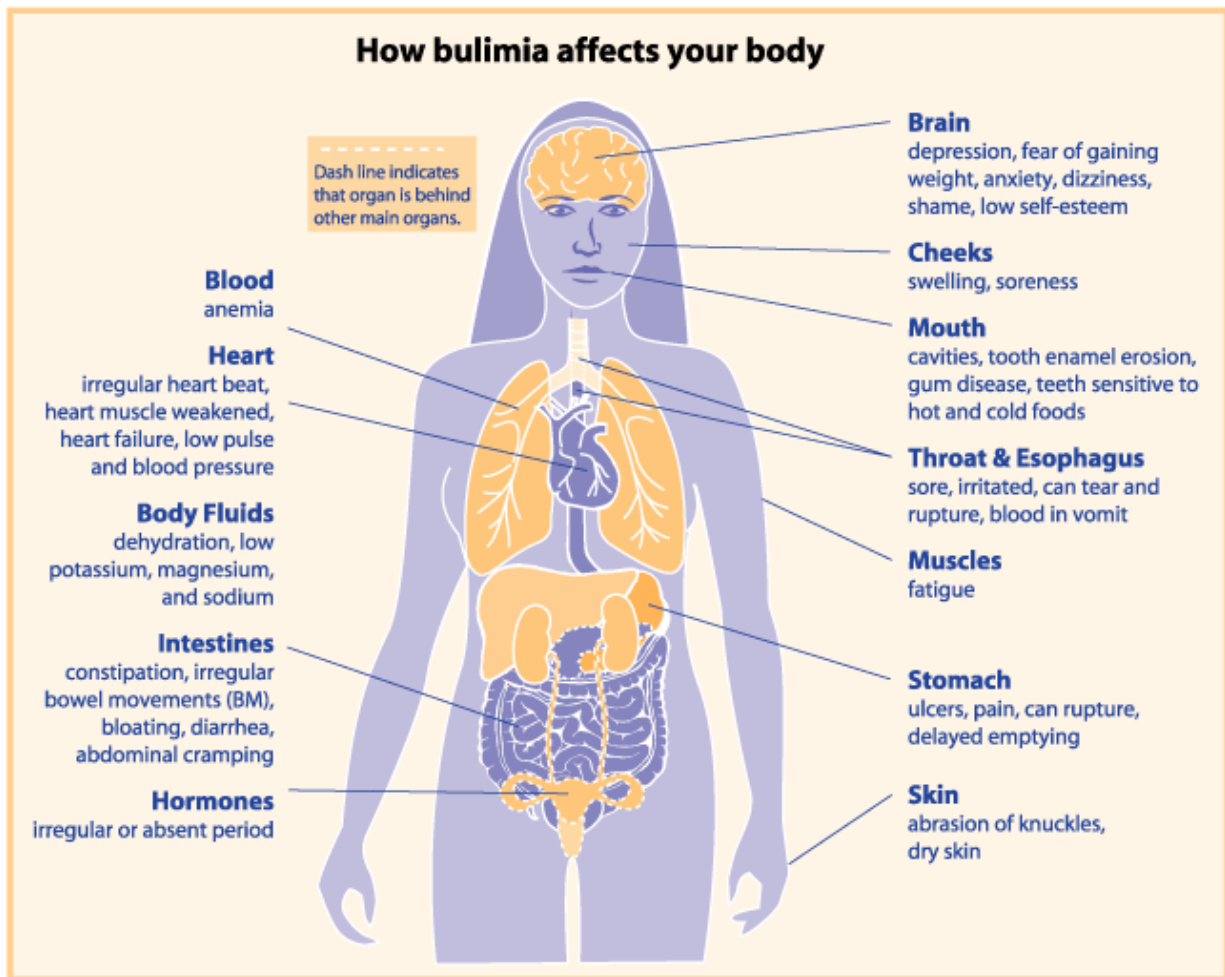
Will use \_\_\_\_\_ to lose weight.

Body image problem / \_\_\_\_\_

### Risk Factors for Bulimia

- A. \_\_\_\_\_; Women in the U.S. are under a constant pressure to fit a certain ideal of beauty. Seeing images of flawless, thin females everywhere makes it hard for women to feel good about their bodies. More and more, men are also feeling pressure to have a perfect body
- B. \_\_\_\_\_; If you have a mother or sister with bulimia, you are more likely to also have bulimia. Parents who think looks are important, diet themselves, or criticize their children's bodies are more likely to have a child with bulimia.

- C. \_\_\_\_\_; Traumatic events like rape, as well as stressful things like starting a new job, can lead to bulimia.
- D. \_\_\_\_\_; Someone with bulimia may have low self-esteem or feel hopeless. She or he may be very moody, have problems expressing anger, or have a hard time controlling impulsive behaviors.
- E. \_\_\_\_\_; Genes, hormones, and chemicals in the brain may be factors in developing bulimia.



People with bulimia will often become depressed and may even think about \_\_\_\_\_.

# Signs of Bulimia...

- A. Lack of \_\_\_\_\_ over eating – inability to stop eating. Eating until the point of physical discomfort and pain.
- B. \_\_\_\_\_ surrounding eating – Going to the kitchen after everyone else has gone to bed. Going out alone on unexpected food runs. Wanting to eat in \_\_\_\_\_
- C. Eating unusually \_\_\_\_\_ amounts of food with no obvious change in weight.
- D. \_\_\_\_\_ of food, numerous empty wrappers or food containers in the garbage, or hidden stashes of junk food.
- E. Alternating between \_\_\_\_\_ and \_\_\_\_\_ - rarely eats normal meals. Its all or nothing when it comes to food.
- F. Going to the \_\_\_\_\_ after meals – Frequently disappears after meals or takes a trip to the bathroom to throw up. May run the water to disguise sounds of vomiting.
- G. Using \_\_\_\_\_, diuretics or enemas after eating. May also take \_\_\_\_\_ to curb appetite or use the sauna to sweat out water weight.
- H. Smell of \_\_\_\_\_ - the bathroom or even the person may smell like vomit. They may try to cover up the smell with mouthwash, perfume, air freshener, gum or mints.
- I. Excessive \_\_\_\_\_ - Works out strenuously, especially after eating. Typical activities include high-intensity calorie burners such as running or aerobics.
- J. \_\_\_\_\_ or scars on the knuckles or hands from sticking fingers down the throat to induce vomiting.
- K. Puffy “chipmunk” cheeks caused by repeated \_\_\_\_\_.

- L. Discolored \_\_\_\_\_ from exposure to stomach acid when throwing up. May look yellow, ragged, or clear.
- M. Not \_\_\_\_\_ - usually normal weight or slightly overweight. Being underweight while purging might indicate a purging type of anorexia.
- N. Frequent fluctuations in \_\_\_\_\_ - by 10 pounds or more due to alternating episodes of bingeing and purging.