

Bulimia Nervosa

What is it?

- **Bulimia Nervosa**- a pattern of intermittent binges (taking in large amounts of foods)
- **Purges**- (self induced vomiting), laxatives, diuretic use, or excessive exercising
- **Fear**- of gaining weight



What does it do?

- Menstrual irregularities
- Sore throat, sinus infections, swollen glands, cavities, loss of tooth enamel
- Broken blood vessels in eyes and face, bags under eyes, puffy
- Blurred vision, fainting spells, tremors
- Rapid or irregular heartbeat, stomach or abdominal cramps, ulcers, colitis
- Muscle cramps, weakness, blood sugar abnormalities
- May cause problems with drugs, alcohol, shop lifting, sexual promiscuity
- Depression, kidney and bladder infections

Who develops Bulimia Nervosa?

- Late teens, early 20's
- **Superwomen**- A+ students, successful career women, sexy, supportive parents, good friends, active in the community

What can I do?

- **See your Health Care Provider**- immediately
- **See a Registered Dietitian**- for Diet Planning and Exercise

