

Signs & Symptoms

Individuals with eating disorders are often of normal weight and present with normal labs. Consider evaluating for an eating disorder when any of the following are present:

- Weight loss or failure to gain expected weight/height in a child or adolescent who is still growing and developing
- Marked weight loss, gain or fluctuations
- Sudden changes in eating behaviors (new vegetarianism/veganism, gluten-free, lactose-free, elimination of certain foods or food groups, eating only “healthy” foods, uncontrolled binge eating)
- Sudden changes in exercise patterns, excessive or compulsive exercise or involvement in extreme physical training
- Body image disturbance, the desire to lose weight despite low or normative weight, or extreme physical training
- Abdominal complaints in the context of weight loss behaviors
- Electrolyte abnormalities without an identified medical cause
- Type 1 Diabetes Mellitus with poor glucose control, weight gain or loss
- Use of compensatory behaviors (i.e., self-induced vomiting, laxative use, dieting, fasting or excessive exercise) to influence weight after eating or binge eating
- Cold intolerance
- Weakness, fatigue, dizziness
- Hot flashes, sweating episodes
- Dehydration

Connect with us at 210.253.9763 for insurance review and to schedule an assessment
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Signs & Symptoms

Dermatologic

Hair loss
Yellowish discoloration of skin
Calluses or scars on the back of the hand from self-induced vomiting
Poor wound healing
Dry brittle hair and nails

Endocrine

Amenorrhea or irregular menses
Loss of libido
Stress fractures
Low bone mineral density
Infertility

Neuropsychiatric

Seizures
Memory loss
Poor concentration
Insomnia
Depressive/Anxious/Obsessive behavior
Compulsive symptoms and behaviors
Self-harm
Suicidal ideation/Suicide attempts

Oral & Dental

Oral trauma/lacerations
Dental erosion and dental caries
Parotid gland enlargement

Gastrointestinal Discomfort

Early satiety
Delayed gastric emptying
Gastroesophageal reflux
Vomiting of blood
Hemorrhoids and rectal prolapse
Constipation

Binge Eating Disorder

Obesity, overweight
Cardiovascular damage
Diabetes, high A1c
High cholesterol
High triglycerides
Poor hygiene practices
Poor sleep hygiene
Sleep apnea
Insomnia
Depression/Anxiety
Self-harm
Suicidal ideation/Suicide attempts

Eating Disorders are estimated to affect 20 million women and 10 million men. This includes people of all ages, genders, sexual orientations, races, and ethnicities. The DSM-5 specifies criteria for each of following eating disorders.

Anorexia: food intake restriction, significant low body weight, fear of weight gain or being "fat", body image disturbance

Bulimia: repeated episodes of binge eating with compensatory behaviors of self-induced vomiting, misuse of laxatives, diuretics or excessive exercise, no significant body weight criteria, negative body image

Binge Eating Disorder: repeated binge eating episodes, lack of control during binges followed by shame and guilt, no significant body weight criteria, negative body image

Avoidant/Restrictive Food Intake Disorder (ARFID): restrictive food intake leading to nutritional deficiencies and unmet growth expectancies, no body image or weight gain fear component