

Anorexia

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WHAT IS ANOREXIA?

Anorexia is an eating disorder. It causes a person to be too thin. Anorexics don't eat enough food because they fear they will get fat.

Anorexics always think about food, weight, calories and dieting. They think they are fat even when they are too thin. They don't think they have a problem.



Anorexics starve themselves to cope with problems in their lives. They feel that at least they can control their weight.

WHAT ARE SOME SIGNS I COULD BE ANOREXIC?

You may be anorexic if some of these are true of you:

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- You are much too thin.
- You are not eating.
- You are very afraid of becoming fat.
- You think you are fat, even when others say you are thin.
- You deny you are ever hungry.
- You are not having your monthly periods (menstruation).
- You have lost sexual drive.
- You have low self-esteem.
- You have dry hair and skin.
- You have cold hands and feet.
- You have brittle nails.
- You often have an upset stomach.
- You have a lot of cavities.

HOW CAN ANOREXICS GET BETTER?

Anorexics can and often do get better! With help, you can return to healthy eating. You can learn to like your body again. Remember: being and looking healthy—not being too thin—can make you feel more attractive than ever!

But you are more than just your body. You have a lot of value as a person. There are many special things about you to love. You should remind yourself of your wonderful qualities whenever you are feeling down.

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HOW DO I KNOW WHEN I AM GETTING BETTER?

You know you are getting better when:

- You eat a variety of foods.
- You eat a normal amount of food.
- You do not vomit or use other methods to get rid of calories.
- Your periods have returned to normal.
- Your skin and hair growth are normal.
- Your dental health has improved.
- You accept normal weight changes.
- You stop thinking about food and weight all the time.
- You avoid over-exercising.
- You like to eat with other people.