Anorexia Nervosa

Brain and Nerves
- obsessional thoughts, cognitive dulling, fear of gaining weight, sad, moody, feeling changes in brain chemistry

Blood
- anemia and other blood cell problems

Muscles, Joints and Bones
- weak muscles, fractures, osteoporosis

Body Electrolytes
- low glucose, phosphorous and sodium, prealbumin

Kidneys
- kidney stones, kidney failure

Intestines
- constipation, bloating, liver failure, slowed mobility, obstruction

Hormones
- periods stop, problems growing, Pregnant, higher risk for miscarriage, baby with low birthweight, and post partum depression, lower sex hormones

Skin
- bruises easily, dry skin, growth of fine hair all over body, get cold easily, yellow skin, brittle nails, blue fingernails

Dash line indicates that organ is behind other main organs.

Bulimia Nervosa

Brain
- depression, anxiety, dizziness, shame, low self-esteem

Cheek, Face
- swelling, soreness, nosebleeds

Mouth
- cavities, both external erosion, gum disease, teeth sensitive to hot and cold foods

Throat & Esophagus
- sore, irritated, can lead to rupture, blood in vomit, heartburn

Heart
- irregular heart beat, heart failure, palpitations

Blood
- anemia and other blood cell problems

Muscles
- fatigue

Body Electrolytes
- dehydration, low potassium, magnesium and sodium

Kidneys
- kidney failure

Intestines
- constipation, irregular bowel movements (IBS), bloating, diarrhea, abdominal cramping, rectal prolapse, poor diabetes control

Hormones
- irregular periods

Skin
- abrasion of knuckles, dry skin

Binge Eating Disorder

Brain
- increased risk for depression, anxiety

Breath
- shortness of breath, obstructive sleep apnea

Heart
- high blood pressure, high cholesterol, heart disease

Joints
- decreased mobility due to joint degeneration

Metabolism
- metabolic syndrome, Diabetes Type II

Liver
- non-alcoholic fatty liver, gallbladder disease

Intestines
- acid reflux, diarrhea

Contact us today for a free, confidential assessment with a master's level eating disorder therapist or to learn more about Eating Recovery Center.

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