

# Signs of ANOREXIA



Body dysmorphic disorder



Denial of hunger



Depression



Inability to appreciate the consequences of the eating disorder, including not wanting to receive help or admit to a problem



Refusal to eat around other people or in social situations



Withdrawal of normal social situations and activities with friends



Lying about eating habits and presenting consistent excuses to avoid situations involving food



Drastic, intentional weight loss or frequent weight changes



Severely limiting calories consumed and types of foods eaten



Intense fear of weight gain, which often leads to obsession and anxiety



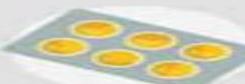
Engaging in unusual and persistent behaviors in order to prevent weight gain



Low self-esteem, especially related to body image or other aspects of appearance



Overtraining or exercise addiction



Substance abuse or prescription medication abuse

# Understanding Anorexia Nervosa

**Roman Wölfel**



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