



Those with eating concerns or eating disorders often experience physical symptoms that interfere with their daily life, can be serious, and even life threatening. The following is a list of symptoms and complaints that can occur in eating disorders.

- ✓ Low energy or fatigue
- ✓ Feeling cold in hands/feet often or when others don't
- ✓ Dizziness or feeling like you're going to pass out
- ✓ Chew gum frequently
- ✓ Heart beat suddenly going fast
- ✓ Chest pain, fast heart beat or palpitations
- ✓ Exertional fatigue. For example, walking up steps makes you tired
- ✓ Hair thinning or falling out
- ✓ Difficulty thinking straight or remembering things as well recently
- ✓ Trouble falling asleep or staying asleep
- ✓ Headaches
- ✓ Constipation and/or diarrhea
- ✓ Loss or decrease of menstrual periods
- ✓ Swelling, most commonly in the hands, lower extremities, abdomen and face
- ✓ Stomach pain and/or discomfort related to eating, such as fullness, bloating, cramping or nausea
- ✓ Heartburn, acid indigestion, and/or reflux
- ✓ Enamel erosion or tooth loss from acid
- ✓ Feeling full for long periods of time, possibly after eating small amounts of food
- ✓ Vomiting, voluntarily or involuntarily
- ✓ Blood in your throw up
- ✓ Use of laxatives, diuretics, and/or diet pills or energy drinks in amounts that are more than recommended or more frequently than recommended in an effort to lose weight or avoid gaining weight