

# SIGNS AND SYMPTOMS

○ TO BE ON THE LOOKOUT FOR ○

## EMOTIONAL

Preoccupation with weight, calorie counting,  
Weighing self  
Withdrawing from others  
"Fat talk"  
Obsessive thinking  
Anxiety if unable to engage in food or exercise  
behaviors  
Struggles with self-esteem  
Increased feelings of shame  
Frequent mood shifts

## PHYSICAL

Noticeable weight gain or loss  
Changes in menstrual cycles  
Abnormal blood work results  
Difficulty regulating body temperature  
Tooth decay  
Dizziness  
Difficulty concentrating, making decisions  
Fainting  
Irregular sleep  
Excessive fine hair growth on body  
Increased gastrointestinal complaints

## BEHAVIORAL

Body checking  
Avoidance of mirrors  
Frequent use of restroom  
Frequent teeth brushing  
Skipping meals  
Declining meals, sharing food or invitations  
Eliminating one or more food groups from diet  
Eating in private frequently or hiding food  
Frequent dieting  
Mismanaging diabetes medication/insulin