



Anorexia Nervosa

Symptoms of Anorexia Nervosa

- Refusal to maintain body weight at or above a minimally normal weight for age and height (e.g., weight loss leading to maintenance of body weight less than 85% of that expected; or failure to make expected weight gain during period of growth, leading to body weight less than 85% of that expected).
- Intense fear of gaining weight or becoming fat even though underweight.
- Disturbance in the way in which one's body weight or shape is experienced, undue influence of body weight or shape on self-starvation, or denial of the seriousness of the current low body weight.
- In postmenarcheal females, amenorrhea (i.e., the absence of at least three consecutive menstrual cycles). A woman is considered to have amenorrhea if her periods occur only following hormone administration (e.g., birth control pills or estrogen).

Specify type

Restricting Type: During the current episode of anorexia nervosa, the person has not regularly engaged in binge-eating or purging behavior (i.e., self-induced vomiting or the misuse of laxatives, diuretics or enemas).

Binge-Eating/Purging Type: During the current episode of anorexia nervosa, the person has regularly engaged in binge-eating or purging behavior (i.e., self-induced vomiting or the misuse of laxatives, diuretics or enemas).

Medical Complications Associated with Anorexia Nervosa

- Dry skin and dehydration
- Hair loss
- Constipation
- Low blood sugar
- Impaired renal function/kidney infections
- Cramps and muscle spasms from insufficient potassium and protein intake
- Low heart rate and blood pressure
- Loss of menstrual cycle, infertility
- Osteoporosis
- Heart attack
- Death