



## **Bulimia Nervosa**

### **Symptoms of Bulimia Nervosa**

- Recurrent episodes of binge eating. An episode of binge eating is characterized by the following: (1) Eating in a discrete period of time (e.g., within any two-hour period) an amount of food that is definitely larger than most people would eat during a similar period of time and under similar circumstances; and (2) a sense of lack of control over eating during the episode (e.g., a feeling that one cannot stop eating or control what or how much one is eating).
- Recurrent inappropriate compensatory behavior in order to prevent weight gain, such as self-induced vomiting, misuse of laxatives, diuretics, enemas or other medications, fasting or excessive exercise.
- The binge eating and inappropriate compensatory behaviors both occurred, on average, at least twice a week for three months.
- Self-evaluation is unduly influenced by body shape and weight.
- The disturbance does not occur exclusively during episodes of Anorexia Nervosa.

### **Specify Type**

*Purging Type:* During the current episode of bulimia 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).

*Nonpurging Type:* During the current episode of bulimia nervosa, the person has regularly engaged in binge-eating but not regularly engaged in purging behavior, instead they use things such as diet pills, fasting and extreme exercise to rid themselves of the fats from their binge.

### **Medical Complications Associated with Bulimia Nervosa**

- Destruction of teeth
- Rupture of the esophagus, swollen glands in the neck
- Damage to the stomach lining
- Loss of menstrual cycle, infertility
- Weakened immune system
- Fainting spells, seizures
- Dehydration
- Dry, blotchy skin
- Electrolyte imbalances
- Heart attack
- Death