CLÍNICA VIVALDI · FREE SHEET · EATING DISORDERS

Anorexia nervosa

Intake restriction leading to significantly low weight, with intense fear of gaining weight and an altered perception of one's own body. It's a serious disorder with effective treatment.

COMMON SIGNS

- Severe food restriction
- Intense fear of gaining weight
- Distorted body image

TIPS FOR YOU

1. Seek specialist help as soon as possible
2. Involve the family in treatment
3. Don't comment on weight or appearance

FOR FAMILY AND FRIENDS

1. Don't comment on weight, body or diets
2. Be there without policing or arguing at the table

WHEN TO ASK FOR HELP

1. If there is dizziness, fainting or palpitations: emergency services
2. If weight loss is rapid

TO OBSERVE AND NOTE DOWN

☐ I'm very afraid of gaining weight
☐ I eat much less than I need
☐ I see myself as heavier than others say I am
☐ I count calories or avoid many foods
☐ I exercise to make up for what I eat
☐ My weight strongly affects how I value myself
☐ I have lost a lot of weight
☐ I feel uncomfortable eating in front of others

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/anorexia-nerviosa
- Full article: Anorexia, bulimia and binge eating: clinicavivaldi.com/en/trastorno-anorexia-bulimia-atracones
- ADANER: Spanish association for anorexia and bulimia care: https://adaner.org/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

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