CLÍNICA VIVALDI · FREE SHEET · EATING DISORDERS

Bulimia nervosa

Episodes of binge eating followed by behaviors to compensate (vomiting, laxatives, fasting or excessive exercise), and a self-esteem highly tied to weight.

COMMON SIGNS

- Binges with loss of control
- Vomiting, laxatives or exercise to compensate
- Shame and secrecy

TIPS FOR YOU

1. Regular meals: avoid long fasts
2. Seek specialist treatment
3. Work on the emotions behind it

FOR FAMILY AND FRIENDS

1. Don't control or police: show trust and support
2. Avoid comments about the body

WHEN TO ASK FOR HELP

1. If there is dizziness, palpitations or weakness: emergency services
2. If vomiting is frequent

TO OBSERVE AND NOTE DOWN

☐ I have binges where I feel I lose control
☐ Afterwards I vomit, use laxatives or fast
☐ I exercise excessively to compensate
☐ I feel guilty after eating
☐ My weight strongly affects how I value myself
☐ I eat in secret
☐ This happens to me at least once a week
☐ I'm ashamed to talk about it

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/bulimia-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

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com