CLÍNICA VIVALDI · FREE SHEET · EATING DISORDERS

Pica

Persistent eating of non-food substances (earth, paper, ice, chalk) for at least one month, in an age-inappropriate manner.

COMMON SIGNS

- Eats soil, paper or other substances
- May be linked to nutritional deficiencies
- Risk of poisoning or digestive problems

TIPS FOR YOU

1. Medical check-up to rule out deficiencies such as iron
2. Supervise and remove risky objects
3. Behavioural intervention

FOR FAMILY AND FRIENDS

1. Remove risky objects and substances
2. Offer safe things to chew

WHEN TO ASK FOR HELP

1. If they have swallowed something toxic: 112 or the Spanish Toxicology Information Service 91 562 04 20
2. If there is abdominal pain or vomiting

TO OBSERVE AND NOTE DOWN

☐ Eats things that aren't food (soil, paper, chalk, ice)

☐ Does it repeatedly

☐ It lasts more than a month

☐ Is over two years old

☐ Does it in secret

☐ Has had digestive problems

☐ Looks for these substances even when they are taken away

☐ Has been found to have anaemia or other deficiencies

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/pica
- Free guide: Childhood and youth: clinicavivaldi.com/en/guia-infancia-juventud
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112