



Bulimia Nervosa



Bulimia Nervosa is a disorder where people use extreme ways to stop putting on weight even after eating a lot of food.

Eating lots of food, more than somebody would normally, is called **Binge eating**. Sometimes people feel they cannot stop even though they are full up.

People with **bulimia** have times where they **binge eat** and then try to get rid of the food or try to stop weight gain by:

- making themselves sick
- doing a lot of exercise
- taking **laxatives** or **diuretics** (these are substances or tablets that make you go to the toilet)
- not eating for long periods of time

People with **bulimia** do this regularly.

People with **bulimia**:

- may think about their weight a lot
- are unhappy with their body
- are scared of weight gain

Problems **bulimia** can cause:

- kidney failure
- heart problems
- gum disease and tooth decay
- stomach pains and constipation

Treatment can include:

- learning about food and nutrition
- taking antidepressants
- talking therapies
- talking to a dietician
- going to hospital if the problems caused by **bulimia** are severe

Bulimia often starts as a teenager or young adult.

