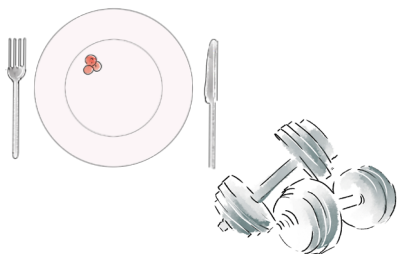




# Anorexia Nervosa



People with **anorexia**:

- lose a lot of weight
- are terrified of weight gain
- think they are fat even when they are very thin

**Anorexia** can cause:

- heart problems
- weak bones
- low blood sugar
- kidney and liver damage
- problems with menstrual cycle
- depression
- death

There are 2 main types of **Anorexia**

.....

## Restrictive type

The person will severely limit the amount of food they eat by not eating for long periods of time or not eating enough. They may also do too much exercise.

## Binge eating/purging type

This means a person will eat too much and then get rid of what they ate by making themselves be sick or use **laxatives**, **diuretics** or **enemas** (these are things that make you go to the toilet).

