

Warning signs of Anorexia

According to the National Institution of Mental Health, it is believed that over 272,000 people in the United States alone are battling Anorexia Nervosa. This is a potentially deadly disorder if it is not treated right away. You need to understand the different warning signs that might give you hint that there is a problem.

We'll go through 5 of the major signs that someone you know and care about has anorexia:

? Fear of gaining weight - This is probably the first and most important sign of someone that might have anorexia. While there are some people with a genuine concern for their weight - because they have trouble controlling it, someone with anorexia is already thin, and feels they need to be thinner.

? Obsession with exercise - OK, there are some people out there that just love to exercise - but many of them also eat right. That's the major difference between fitness junkies and people with anorexia. Those with anorexia rob their body of the important vitamins and minerals that help keep them healthy.

? Self worth is based on appearance - Most of us put some stock in how we look and how it relates to how we feel about ourselves. But, the person dealing with anorexia truly believes they are judged by the appearance of their body. They often feel like they are not good enough or they have failed those around them if they gain weight and / or eat too much.

? Sudden weight loss - This is a tell-tale sign that something is not right with the body. It could very well be anorexia, but it could also be an underlying disease (which could be the cause of the anorexia). If you have noticed a large weight loss in a short period of time, your loved one could be causing harm to their body.

? Denial of a problem with their weight - One of the hardest things to deal with if you suspect someone has anorexia, is their willingness to admit they have a problem with their weight or their appearance. It is very similar to the denial of an alcoholic or an addict. Until one sees there is a problem, they may not be willing to deal with their anorexia.

If you are concerned that someone you know and love might have anorexia, seek the advice or counsel of an adult or health professional. It is important that if this person is dealing with anorexia, that they get prompt attention. Failure to deal with anorexia can lead to permanent damage to the body and ultimately it may even lead to death.

Anorexia can be successfully handled and overcome with the help and support of family, friends and the appropriate health professionals. Once you get involved, it will be one step ahead on the road to recovery.

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About the Author

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