What is Bu...
The warning signs of Bulimia can be physical, psychological and behavioural. It is possible for someone with Bulimia to display a combination of these symptoms.

### Physical signs
- Frequent changes in weight (loss or gains)
- Signs of damage due to vomiting including swelling around the cheeks or jaw, calluses on knuckles, damage to teeth and bad breath
- Feeling bloated, constipated or developing intolerances to food
- Loss of or disturbance of menstrual periods in girls and women
- Fainting or dizziness
- Feeling tired and not sleeping well

### Psychological Signs:
- Preoccupation with eating, food, body shape and weight
- Sensitivity to comments relating to food, weight, body shape or exercise
- Low self esteem and feelings of shame, self loathing or guilt, particularly after eating
- Having a distorted body image
- Obsession with food and need for control
- Depression, anxiety or irritability
- Extreme body dissatisfaction

### Behavioural Signs:
- Evidence of binge eating
- Vomiting or using laxatives, enemas, appetite suppressants or diuretics
- Eating in private and avoiding meals with other people
- Anti social behaviour, spending more and more time alone
- Repetitive or obsessive behaviours relating to body shape and weight
- Secretive behaviour around food
- Compulsive or excessive exercising
- Dieting behaviour
- Frequent trips to the bathroom during or shortly after meals which could be evidence of vomiting or laxative use
- Erratic behaviour
- Self harm, substance abuse or suicide attempts

### What are the risks associated with Bulimia?

The risks associated with Bulimia are severe. People with Bulimia may experience:

- Chronic sore throat, indigestion, heartburn and reflux
- Inflammation and rupture of the oesophagus and stomach from frequent vomiting
- Stomach and intestinal ulcers
- Chronic irregular bowel movements, constipation and/or diarrhoea due to deliberate misuse of laxatives

### Is it possible to recover?

**Yes.** It is possible to recover from Bulimia, even if you have been living with the illness for many years. The path to recovery can be very challenging. People with Bulimia can become entangled in a vicious cycle of eating and exercise behaviours that can impact their ability to think clearly and make decisions. However, with the right team and a high level of personal commitment, recovery is an achievable goal. Treatments for Bulimia are available; seek help from a professional with specialised knowledge in eating disorders.

### Getting help

If you suspect that you or someone you know has Bulimia, it is important to seek help immediately. The earlier you seek help the closer you are to recovery. While your GP may not be a specialist in eating disorders, they are a good ‘first base.’ A GP can provide a referral to a practitioner with specialised knowledge in health, nutrition and eating disorders.