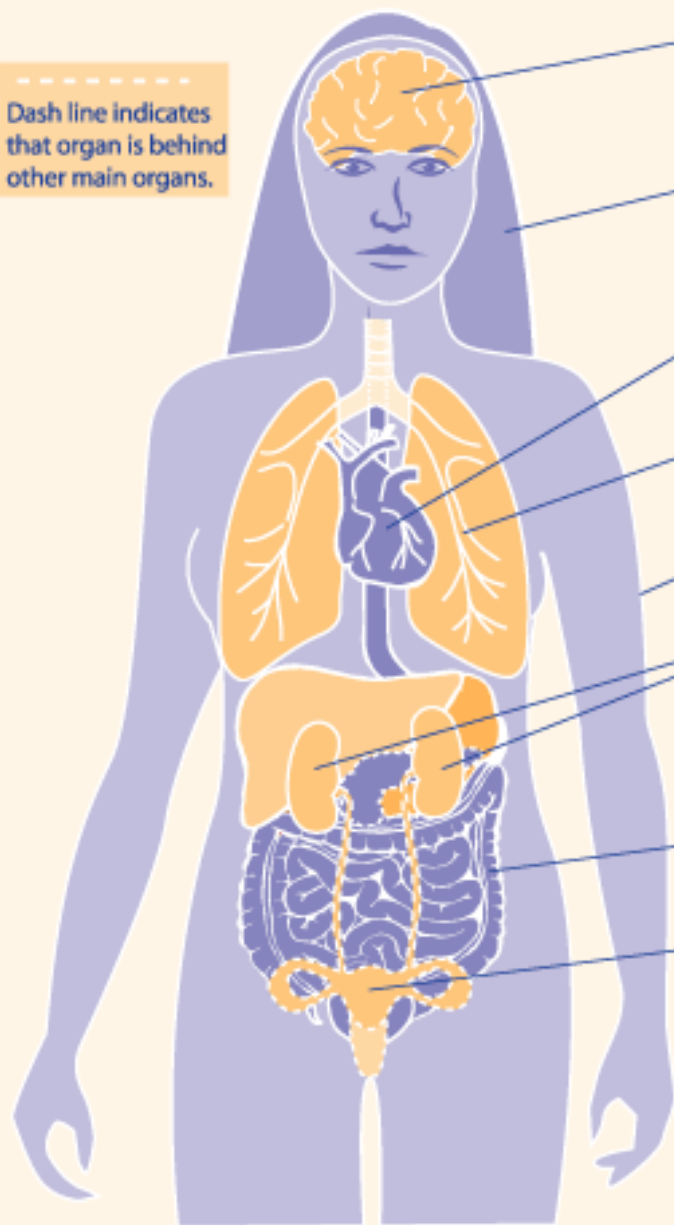


## Anorexia affects your whole body

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Dash line indicates  
that organ is behind  
other main organs.



### **Brain and Nerves**

can't think right, fear of gaining weight, sad, moody, irritable, bad memory, fainting, changes in brain chemistry

### **Hair**

hair thins and gets brittle

### **Heart**

low blood pressure, slow heart rate, fluttering of the heart (palpitations), heart failure

### **Blood**

anemia and other blood problems

### **Muscles and Joints**

weak muscles, swollen joints, fractures, osteoporosis

### **Kidneys**

kidney stones, kidney failure

### **Body Fluids**

low potassium, magnesium, and sodium

### **Intestines**

constipation, bloating

### **Hormones**

periods stop, bone loss, problems growing, trouble getting pregnant. If pregnant, higher risk for miscarriage, having a C-section, baby with low birthweight, and post partum depression.

### **Skin**

bruise easily, dry skin, growth of fine hair all over body, get cold easily, yellow skin, nails get brittle

# How bulimia affects your body

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Dash line indicates that organ is behind other main organs.

**Blood**  
anemia

**Heart**  
irregular heart beat, heart muscle weakened, heart failure, low pulse and blood pressure

**Body Fluids**  
dehydration, low potassium, magnesium, and sodium

**Intestines**  
constipation, irregular bowel movements (BM), bloating, diarrhea, abdominal cramping

**Hormones**  
irregular or absent period

**Brain**  
depression, fear of gaining weight, anxiety, dizziness, shame, low self-esteem

**Cheeks**  
swelling, soreness

**Mouth**  
cavities, tooth enamel erosion, gum disease, teeth sensitive to hot and cold foods

**Throat & Esophagus**  
sore, irritated, can tear and rupture, blood in vomit

**Muscles**  
fatigue

**Stomach**  
ulcers, pain, can rupture, delayed emptying

**Skin**  
abrasion of knuckles, dry skin

