



(902) 443-9944 phone  
 (902) 443-5680 fax  
 www.edag.ca  
 info@edag.ca

65 Ochterloney St., 2<sup>nd</sup> floor, Dartmouth, NS B2Y 1C3

## BULIMIA NERVOSA

<b>Definition</b>	<b>An emotional/mental health disorder characterized by recurrent episodes of uncontrolled binge-eating often followed by compensatory methods such as self-induced vomiting, periods of fasting or purging with laxatives and/or diuretics.</b>
<b>Incidence</b>	<ul style="list-style-type: none"> <li>➤ Up to 10% of college women are bulimic</li> <li>➤ Over 90% of individuals affected are female</li> </ul>
<b>Onset</b>	<ul style="list-style-type: none"> <li>➤ Commonly begins in late teens or early twenties</li> <li>➤ Often starts after a period of weight loss/dieting</li> </ul>
<b>Risk Factors</b>	<ul style="list-style-type: none"> <li>➤ Excessive dieting</li> <li>➤ Family dysfunction</li> <li>➤ Family or personal history of depression, alcohol or drug abuse</li> <li>➤ Relationship difficulties</li> <li>➤ Low self-esteem</li> <li>➤ 1/3 of bulimics have a history of being overweight</li> <li>➤ 50% of anorexics are also bulimic; 20% of bulimics have a history of anorexic episodes</li> <li>➤ Sociocultural pressures to be thin</li> <li>➤ Major life transitions (i.e., college, marriage)</li> </ul>
<b>Characteristics</b>	<ul style="list-style-type: none"> <li>➤ Weight fluctuations</li> <li>➤ Body image distortion</li> <li>➤ Normal body weight or overweight • Depression</li> <li>➤ Over concern about weight and shape</li> <li>➤ Eating normally in front of others, secretly bingeing &amp; purging</li> <li>➤ Guilt, shame and anxiety over binges</li> <li>➤ All or nothing thinking</li> <li>➤ Lack of assertiveness</li> <li>➤ Scarred knuckles</li> <li>➤ Recognizes illness</li> </ul>
<b>Medical Consequences</b>	<ul style="list-style-type: none"> <li>➤ Heartburn, abdominal pain, vomiting blood</li> <li>➤ Electrolyte imbalance which can lead to weakness and even cardiac arrest</li> <li>➤ Muscle weakness</li> <li>➤ Swelling of parotid glands ("chipmunk cheeks")</li> <li>➤ Constipation or bloody diarrhea • Dehydration</li> <li>➤ Dental Caries; erosion of enamel</li> <li>➤ IBS &amp; other stomach &amp; intestinal problems</li> <li>➤ Ulcers in mouth and esophagus</li> <li>➤ Broken blood vessels in face and eyes</li> </ul>

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