



## EATING DISORDERS COUNSELLING AND SUPPORT SERVICE

Helpline: (01582) 457474  
Fax: (01582) 877219  
Email: [caralined@aol.com](mailto:caralined@aol.com)  
Website: [www.caraline.com](http://www.caraline.com)

### **ANOREXIA NERVOSA**

#### **What is anorexia nervosa?**

Anorexia is not the 'slimmer's disease' as so often portrayed. Anorexia nervosa is a complex psychological disorder that can cause physical complications and life threatening if left for too long without treatment.

A person suffering from anorexia will have a relentless pursuit to be thin. She/He will refuse to maintain a body weight over the minimal weight for age and height although looking emaciated to those all around, will insist that s/he is overweight. Anorexia nervosa is an outward sign that something is wrong inside and the sufferer feels that this is the only way to control his/her inner turmoil. It is important to remember that the sufferer is not trying to starve her/himself to death, but s/he is trying to survive.

#### **Why do people suffer from anorexia nervosa?**

There is no one reason for the development of anorexia nervosa in a person and for individual sufferers the reasons may be very different. However, some of the common factors which seem to be involved are:-

1. Sexual/Physical abuse
2. Low self-esteem
3. Fear of puberty
4. A need to be in control
5. Lack of self-worth

#### **What signs do I need to look out for in someone that I think may have this problem?**

Some of the more obvious signs to look out for are:-

1. A preoccupation with body weight and shape even when emaciated
2. Calorie counting
3. Wearing baggy clothes(to hide body shape)
4. An increased interest in cooking food and in what others eat
5. Obsessive ritualistic behaviour
6. Depression and withdrawal
7. A tendency to be manipulative to deny and protect the problem

**For further information or support, contact the CARALINE help-line on 01582 457474**

"CARALINE" CENTRE FOR EATING DISORDERS THERAPY & EDUCATION

LUTON: KLINE HOUSE, 13 GEORGE STREET WEST, LUTON, BEDFORDSHIRE, LU1 2BJ.  
MILTON KEYNES: PO BOX 7376, MILTON KEYNES, MK12 5WT.

REGISTERED CHARITY No 1053897