

Bulimia Nervosa

Bulimia nervosa is an eating disorder characterized by recurrent and frequent episodes of eating unusual amounts of food and feeling a lack of control over these episodes. These episodes are followed by forced vomiting and excessive use of laxatives or diuretics to compensate for the behavior of overeating. People with bulimia nervosa can be slightly underweight, normal weight, overweight or obese.

Symptoms and Health Risks

Head and Mouth



- Inflamed & sore throat
- Swollen salivary glands
- Worn tooth enamel

Digestive Tract



- Acid reflux
- Intestinal distress and irritation from laxative use
- Severe dehydration
- Stomach pain

Mental Health



- Mood swings
- Depression
- Anxiety
- Acts of self harm
- Impulsive behaviors

Cardiovascular Health



- Electrolyte imbalance that can lead to stroke or heart attack
- Low heart rate & blood pressure

Reproductive Health



- Irregular or absence of menstruation
- Diminished sex drive



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