



# Monte Nido & Affiliates

Treating Eating Disorders

**Eating disorders have the highest mortality rate of any mental illness, and anorexia is the third most common chronic illness amongst adolescents. Eating disorder complications can affect every organ and system of the body. Eating Disorder Complications include:**

- **Cardiovascular/Circulatory.** *An estimated one-third of deaths due to anorexia nervosa are due to cardiac causes.* Symptoms may include bradycardia, cardiac arrhythmias, chest pain, mitral valve prolapse, myocardial infarction, blood abnormalities including reduced white or red blood cells, orthostatic hypotension, heart failure
- **Gastrointestinal:** cramps, bloating, constipation, diarrhea, gastroparesis, kidney infection/failure, liver failure, low platelet count due to liver dysfunction, cathartic colon
- **Musculoskeletal & Skin:** osteoporosis, weakness & fatigue, hair loss, lanugo, dental erosion & decay
- **Endocrine:** amenorrhea, iron deficiency/anemia, hypoglycemia, hyperglycemia, pre-diabetes, low testosterone, hyponatremia, hypokalemia, electrolyte imbalance, dehydration, vitamin and mineral deficiencies

## SIGNS AND SYMPTOMS

- Dramatic weight loss; dressing in layers to hide weight loss
- Preoccupied with weight, food, calories, fat and dieting and denies feeling hungry
- Refuses to eat certain foods or categories of food
- Makes request comments about “feeling fat”
- Cooks for others without eating and makes excuses to avoid meals or situations involving food; discomfort eating around others
- Maintain excessive, rigid, exercise regimen
- Displays evidence of binge eating such as consuming large amounts of food in a short period of time, and/or evidence of purging behaviors and/or laxative abuse
- Excessive water, mouthwash, mints or gum
- Teeth stain, cheeks or jaw area swollen



**Monte Nido**  
Treating Eating Disorders

[www.montenido.com](http://www.montenido.com)  
888.228.1253



**Clementine**  
A Monte Nido Affiliate

[www.clementineprograms.com](http://www.clementineprograms.com)  
855.900.2221



**Oliver-Pyatt Centers**  
A Monte Nido Affiliate

[www.oliverpyattcenters.com](http://www.oliverpyattcenters.com)  
866.511.4325



**ROSEWOOD**  
CENTERS FOR EATING DISORDERS  
A Monte Nido Affiliate

[www.rosewoodranch.com](http://www.rosewoodranch.com)  
800.845.2211

 **walden**  
*behavioral care*  
A Monte Nido Affiliate

[www.waldenbehavioralcare.com](http://www.waldenbehavioralcare.com)  
888.305.2997



## HOW ANOREXIA NERVOSA AFFECTS THE BODY

- **Brain:** Impaired cognitive function, mood swings and irritability, poor memory or judgment, 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, hyponatremia, hypotension
- **Muscles, Joints and Bones:** Weak muscles, swollen joints, bone loss, fractures, osteoporosis
- **Kidneys:** Kidney stones, kidney failure
- **Body Fluids:** Low potassium, magnesium and sodium
- **Intestines:** Constipation, bloating
- **Hormones:** Hormonal changes, including reproductive, thyroid, stress and growth hormones.
- **Skin:** Bruise easily, dry skin, growth of fine hair all over body, get cold easily, yellow skin, nails get brittle



## HOW BULIMIA NERVOSA AFFECTS THE BODY

- **Cheeks:** Swelling, soreness
- **Mouth:** Cavities, tooth enamel erosion, gum disease, teeth sensitive to hot and cold foods
- **Heart:** Irregular heartbeat, heart muscle weakened, heart failure, low pulse and blood pressure
- **Intestines:** Constipation, irregular bowel movements, bloating, diarrhea, abdominal cramping
- **Hormones:** Irregular or absent periods in females
- **Stomach:** Ulcers, pain, gastric rupture, delayed emptying
- **Kidneys:** Problems from diuretic abuse
- **Brain:** Depression, fear of gaining weight, anxiety, dizziness, shame, low self-esteem
- **Throat and Esophagus:** Sore throat, esophageal eruption, Barrett's esophagus
- **Blood:** Anemia
- **Skin:** Abrasion of knuckles, dry skin
- **Body Fluids:** Dehydration, low potassium, magnesium and sodium

*Monte Nido & Affiliates specializes in the treatment of eating disorders for all genders. For over two decades, our tenured and expert staff – which includes recovered professionals – has delivered outcome-backed treatment that leads to full recovery from an eating disorder*

