

# Eating Disorders: Red Flags

Eating disorders – such as anorexia, bulimia and binge eating disorder – include extreme emotions, attitudes and behaviors surrounding weight and food issues. Eating disorders are serious emotional and physical problems that can have life-threatening consequences. The earlier these disorders are diagnosed and treated, the better the chances are for full recovery.

## Signs and Symptoms

- Dramatic weight loss
- Dresses in layers to hide weight loss
- Is preoccupied with weight, food, calories, fat grams and dieting
- Refuses to eat certain foods or whole categories of food
- Makes frequent comments about feeling “fat” or overweight despite being underweight
- Denies feeling hungry
- Cooks meals for others without eating
- Consistently makes excuses to avoid mealtimes or situations involving food
- Maintains an excessive, rigid exercise regimen – despite weather, fatigue, illness or injury
- Withdraws from friends and activities and becomes more isolated, withdrawn and secretive
- Evidence of binge eating, including disappearance of large amounts of food in short periods of time
- Evidence of purging behaviors
- Appears uncomfortable eating around others
- Skips meals or takes small portions of food during meals
- Steals or hoards food in strange places
- Drinks excessive amounts of water
- Uses excessive amounts of mouthwash, mints and gum
- Shows unusual swelling of the cheeks or jaw area
- Teeth are discolored, stained
- Creates lifestyle schedules or rituals to make time for binge and purge sessions
- Has secret recurring episodes of binge eating
- Feels lack of control over ability to stop eating

If you or someone you know is experiencing any of the signs and symptoms listed above, please call Rosewood at **(844) 676-0472** or visit **[rosewoodsantamonica.com](http://rosewoodsantamonica.com)** to review treatment options.



Rosewood Ranch



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CENTERS FOR EATING DISORDERS  
SANTA MONICA

Rosewood Santa Monica

# Rosewood Santa Monica Support Groups



## **Therapist Led Support Groups**

Tuesday (Adolescents) 6:30 - 7:30 p.m.

Wednesday (Adults) 7:15 - 8:15 p.m.

2716 Ocean Park Blvd. Suite 3020, Santa Monica 90405

Office: 310.829.9161 | 24 Hour Intake: 844.676.0472



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