

# ANOREXIA NERVOSA

\*Characterized by self-starvation and excessive weight loss.

## Symptoms Include:

- Refusal to maintain body weight at or above a minimally normal weight for height, body type, age, and activity level
- Intense fear of weight gain or being “fat”
- Feeling “fat” or overweight despite dramatic weight loss
- Loss of menstrual periods
- Extreme concern with body weight and shape