



NetCare Access is your connection to mental health and alcohol/drug addiction services in Franklin County.

If you or someone you know is in crisis, visit one of our crisis sites or call our 24-hour NetCare Access Crisis Hotline at (614) 276-C.A.R.E.

# **ACCESSING** Information About **Anorexia Nervosa**

## What is Anorexia Nervosa?

Those suffering from anorexia often restrict the amount he/she eats and/or drinks to a dangerous level. The focus is often on the amount of food consumed. Those with anorexia are generally not trying to starve themselves, though instead are trying to find ways to cope with life and/or “stay in control” of things. Soon after the food restriction begins, the eating disorder takes over and affects the brain, distorts thinking and makes it virtually impossible to make rational decisions regarding food. The illness often progresses to the point one suffers from exhaustion. If untreated, anorexia can lead to starvation and death.

## Facts

- Anorexia results in extreme weight loss. For children or adolescents suffering, anorexia results in poor or inadequate weight loss in relation to growth.
- Women who have anorexia often have difficulty becoming pregnant and may develop infertility.
- Those with anorexia have high prevalence of osteoporosis.
- Anorexia is an eating disorder defined by feelings and emotions.
- Family of those with anorexia are seriously affected as the sufferer often becomes the center of attention.
- Family members of those with anorexia often do not understand and find themselves saying “why don’t they just eat”.

## **Signs**

- Intense fear of gaining weight and/or obsessive interest in what others are eating
- Distorted perception of body/weight
- Personality changes/mood swings
- Having challenging views about eating and/or exercise
- Obsessive behavior associated with eating such as cutting food into tiny pieces
- Restlessness
- Hyperactivity
- Wearing baggy clothes
- Vomiting or taking laxatives

## **Symptoms**

- Constipation and abdominal pains
- Bloating stomach
- Feeling dizzy and/or faint
- Puffy face and ankles
- Downy hair on body
- Discolored, rough or dry skin
- No longer having a menstrual cycle
- Loss of interest in sex
- Feeling cold all the time due to poor circulation
- Loss of bone mass/osteoporosis

## **Treatment:**

Several intervention approaches are available to help individuals diagnosed with anorexia:

- Self-help/support groups have proven to be highly beneficial for those recovering from an eating disorder
- Psychotherapy is necessary to help one understand the root cause of the eating disorder
- General practitioners should be sought out to get guidance for the best route of treatment and an understanding of any medical complications

## **How to receive help:**

A person with anorexia can benefit from talking with a professional, such as a physician, psychologist, psychiatrist or social worker, who can assist in providing the individual and his or her family with additional approaches to treatment.

If you or someone you know has anorexia and is in a crisis, contact Netcare Access at (614) 276-C.A.R.E. Mental health assessments are provided at both Netcare's crisis sites, located at 199 S. Central Avenue and 741 E. Broad Street, on a walk-in, first-come-first-served basis, Monday through Friday. Netcare Access provides 24-hour crisis intervention and assessment services to Franklin County residents experiencing a mental health or alcohol/drug crisis. For more information on Netcare's services, contact us at:

**Netcare Corporation  
199 S. Central Avenue  
Columbus, OH 43223**

**Administrative line: (614) 274-9500**

**Assessment West: (614) 278-0122**

**Assessment East: (614) 278-0155**

**24-hour crisis hotline: (614) 276-C.A.R.E. (2273)**

***[www.netcareaccess.org](http://www.netcareaccess.org)***