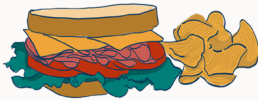


Concerned About an Eating Disorder?

Over 10% of the population is affected by eating disorders – the second-deadliest mental illness. The good news is that recovery is possible with early detection and proper treatment. If the signs below sound familiar, we recommend an assessment by a medical provider.



Around food

- Starting a new diet, including trying to eat 'healthy', 'clean' or 'low-carb'
- Avoiding eating with family or in groups
- Visiting the bathroom (including showering) immediately after meals
- Rigidity around ingredients, brands, food preparations or utensils
- Long history of 'picky' eating that has got worse over time



Medically

- Weight fluctuations (loss or gain)
- Fainting, weakness and dehydration
- Frequent stomach pain or other gastrointestinal complaints
- Injuries from exercise (e.g. stress fracture)
- Missing or irregular periods (for those menstruating)



Mood

- Not showing much emotion
- Easily frustrated or moody
- Upset when routine changes; worried or fearful



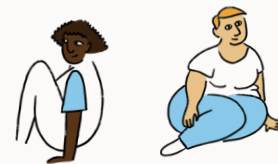
Thinking

- Self-criticism for eating or not exercising
- Ongoing desire for reassurance about physical appearance
- Fears of choking, vomiting, pain or getting ill after eating



Around activity

- Exercising intensely but without joy
- Driven exercise: exercising while sick or in bad weather conditions



Socially

- Spending less time with friends, peers and family
- Inability to express/describe emotions