



# Not eating, throwing up, or using laxatives to make yourself lose weight?

It is important because it could mean that you are suffering from an eating disorder.

**T**eenagers with an eating disorder may eat huge quantities of high calorie food. They may make themselves vomit, or use laxatives to lose weight. These types of eating problems can cause serious problems to your health and damage your body. You may become dehydrated or have a hormonal imbalance. But the good news is that it is treatable!

Your doctor can tell you that kids who have eating disorders are not 1 in 1000—they are 1 in 10! Your feelings are an important part of your health. Talking with your doctor or family, will help you feel better.

**If you have an eating problem, it is time to take action!**

## Warning Signs

- Not eating, throwing up, or using laxatives to make yourself lose weight.
- Dehydration or have hormonal imbalance.

To learn more, talk to an adult. You can talk to a family member, or a doctor. At school, you can talk to a nurse or a counselor. You can even talk with a religious leader like a minister, rabbi, priest, or a cleric. You may also contact one of these groups:

**Iowa Federation of Families  
for**

**Children's Mental Health**

**106 South Booth**

**Anamosa, Iowa 52205**

**319-462-2187**

**888-400-6302 Toll Free**

**help@iffcmh.org**

**www.iffcmh.org**



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