

Eating Disorders Symptoms

When Should a Patient be Referred to a Higher Level of Care?

Depending on the type, symptoms of eating disorders vary widely. If one of your patients present with any of these following symptoms, please consider referring them to a higher level of care. Symptoms of eating disorders include:

Common Symptoms of Anorexia Nervosa

- At or below 85% of ideal weight for patient's age
- Significant decrease in normal growth – changes on growth chart curve for weight/height
- Absence of, delayed onset of, or sporadic/light menses
- Fatigue, cold-intolerance, dizziness
- Excessive or compulsive exercise
- Orthostasis and/bradycardia
- Hair thinning or hair loss
- Sudden interest in “healthy” eating, vegetarianism, veganism

Important note: Patients with Anorexia Nervosa will often present with normal vitals and labs.

Common Symptoms of Bulimia Nervosa

- Bingeing more than once a week
- Purging more than once a week
- Orthostasis and/bradycardia
- Low normal to abnormal labs; can also include electrolyte abnormalities
- Self-induced vomiting; laxative, diet pill and/or diuretic abuse; exercise; chewing and spitting of food; and insulin misuse are all examples of purging behaviors

Important note: Patients with Bulimia Nervosa are often of average weight and often deny physical symptoms.

Common Symptoms of Binge Eating Disorder (BED)

Frequent overeating (bingeing)—at least once a week for three months—combined with feeling a loss of control, intense feelings of distress are characteristics of BED. Look for these signs combined with three or more of the following behaviors:

- Eating large amounts of food even when not feeling physically hungry
- Feeling disgusted with oneself, depressed or guilty after eating and/or between binges
- Eating more rapidly than normal
- Eating until having an uncomfortably full feeling
- Eating alone due to feeling embarrassed by how much one is eating

Other Symptoms Indicating a Need for Higher Level of Care

- Patient has limited social support
- Patient requires structure and supervision in order to gain weight or cease eating disorder behaviors
- Patient is not improving, despite outpatient therapy

ICD-10-CM codes for eating disorders

F50 Eating disorders

F50.0 Anorexia nervosa

F50.00 unspecified

F50.01 restricting type

F50.02 binge eating/purging type

F50.2 Bulimia nervosa

F50.8 Other eating disorders

F50.81 Binge eating disorder

F50.82 Avoidant/restrictive food intake disorder

F50.89 Other specified eating disorder

F50.9 Eating disorder, unspecified

Clinical Information

- A broad group of psychological disorders with abnormal eating behaviors leading to physiological effects from overeating or insufficient food intake.
- A group of disorders characterized by physiological and psychological disturbances in appetite or food intake.
- Eating disorders are serious behavior problems. They include
 - anorexia nervosa, in which you become too thin, but you don't eat enough because you think you are fat
 - bulimia nervosa, involving periods of overeating followed by purging, sometimes through self-induced vomiting or using laxatives
 - binge-eating, which is out-of-control eating
- Women are more likely than men to have eating disorders. They usually start in the teenage years and often occur along with depression, anxiety disorders and substance abuse. Eating disorders can cause heart and kidney problems and even death. Getting help early is important. Treatment involves monitoring, mental health therapy, nutritional counseling and sometimes medicines.
- Group of disorders characterized by physiological and psychological disturbances in eating behavior, appetite or food intake.



Veritas Collaborative is a specialty healthcare system for the treatment of eating disorders. Providing a range of services for individuals of all ages, Veritas offers inpatient, acute residential, partial hospitalization, intensive outpatient, and outpatient levels of care.

Our multidisciplinary treatment teams in North Carolina, Virginia, and Georgia share a passion and a mission inspired by a collaborative community of care and are committed to providing individualized, evidence-based treatment in a gender-diverse and inclusive environment.

Contact Us

Email: admissions@veritascollaborative.com

Toll Free: (855) 875-5812,

VERITASCOLLABORATIVE.COM

Durham, NC | Charlotte, NC | Richmond, VA | Atlanta, GA