

Listed under information and articles:

Eating disorders:

Could it be Anorexia Nervosa or Bulimia?

Eating disorders are insidious illnesses. It is quite easy to fall victim to one, especially for those who constantly diet. So, at what point does disordered eating turn into a full-fledged eating disorder? If you suspect you may be at that point, please answer the questions provided below.

Eating Disorder Screen (SCOFF)

1. Do you **make yourself Sick** because you feel uncomfortably full?
2. Do you worry you **have lost Control** over how much you eat?
3. Have you recently **lost more than One stone (15 pounds)** in a three-month period?
4. Do you **believe yourself to be Fat** when others say you are too thin?
5. Would you say that **Food dominates your life**?

If you answered "yes" to two or more of the five questions, you may be at risk. Please consult with a physician or a therapist, or feel free to contact me at 614-762-7770 or send me an email at jc45679@aol.com