There are several types of eating disorders:

**Anorexia Nervosa** is characterized by restricted eating, self-starvation and excessive weight loss.

**Bulimia Nervosa** is characterized by recurrent episodes of consuming large amounts of food in a short period of time (a binge) followed by some form of compensatory behavior (purge) such as self-induced vomiting, laxative or diuretic abuse, fasting, diet pills or excessive exercise.

**Binge Eating Disorder** is characterized by recurrent episodes of binge eating that is not followed by compensatory behaviors.

**Other Eating Disorders**: There are numerous variants of disordered eating that do not meet the above diagnostic criteria, however; these types of eating disorders still require treatment.

Professional help aids in recovery. VCU has eating disorder services that include nutrition, medical, and counseling services. Students who are concerned about themselves or a friend with an eating disorder are encouraged to make an appointment with University Student Health Services or University Counseling Services for an evaluation. Please see the back of this card for the contact information for these services.
Eating Disorder Services

University Student Health Services
Monroe Park Campus
1300 W. Broad St., suite 2200 ..........(804) 828-8828

MCV Campus
1000 E. Marshall St., room 305 .......... (804) 828-9220

Nutrition appointments available at Monroe Park Campus Clinic. Call (804) 828-8828

University Counseling Services
Monroe Park Campus
907 Floyd Ave., room 238 (804) 828-6200

MCV Campus
1000 E. Clay St., room B011 ............... (804) 828-3964

Websites

National Eating Disorders Association (NEDA)
http://www.nationaleatingdisorders.org/online-eating-disorder-screening

Proud2BeMe - online community for young adults to increase health and confidence
http://proud2bme.org