

# Eating Disorders: Red Flags

Eating disorders – such as anorexia, bulimia and binge eating disorder – include extreme emotions, attitudes and behaviors surrounding weight and food issues. Eating disorders are serious emotional and physical problems that can have life-threatening consequences. The earlier these disorders are diagnosed and treated, the better the chances are for full recovery.

## Signs and Symptoms

- Dramatic weight loss
- Dresses in layers to hide weight loss
- Is preoccupied with weight, food, calories, fat grams and dieting
- Refuses to eat certain foods or whole categories of food
- Makes frequent comments about feeling “fat” or overweight despite being underweight
- Denies feeling hungry
- Cooks meals for others without eating
- Consistently makes excuses to avoid mealtimes or situations involving food
- Maintains an excessive, rigid exercise regimen – despite weather, fatigue, illness or injury
- Withdraws from friends and activities and becomes more isolated, withdrawn and secretive
- Evidence of binge eating, including disappearance of large amounts of food in short periods of time
- Evidence of purging behaviors
- Appears uncomfortable eating around others
- Skips meals or takes small portions of food during meals
- Steals or hoards food in strange places
- Drinks excessive amounts of water
- Uses excessive amounts of mouthwash, mints and gum
- Shows unusual swelling of the cheeks or jaw area
- Teeth are discolored, stained
- Creates lifestyle schedules or rituals to make time for binge and purge sessions
- Has secret recurring episodes of binge eating
- Feels lack of control over ability to stop eating

If you or someone you know is experiencing any of the signs and symptoms listed above, please call Rosewood at **(844) 676-0472** or visit **rosewoodcenters.com** to review treatment options.



Rosewood Ranch

Rosewood Capri

Rosewood Tempe

Rosewood Santa Monica



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CENTERS FOR EATING DISORDERS

# Rosewood Treatment Programs

Rosewood Centers for Eating Disorders is one of the most respected and experienced programs in the United States providing comprehensive care for those struggling with anorexia, bulimia, binge eating disorder and co-occurring disorders. Rosewood offers all levels of care for adults and adolescents of all genders in order to treat the whole person, address the root causes of the eating disorder and provide patients with ongoing support for lifelong recovery.

## Rosewood Ranch

Rosewood Ranch offers the highest level of acute inpatient care for adults and adolescents. Inpatient treatment, for our most medically fragile patients, encompasses 24-hour medical supervision, IV therapy and electrolyte balancing, heart rhythm monitoring and feeding tube placement if necessary.

Patients may continue their recovery in residential treatment, where they receive 24-hour medical support from our board-certified physicians, psychiatrists and recovery professionals. Residential treatment also includes:

- Individual therapy, group therapy and experiential therapies such as expressive arts and equine/canine therapy
- Separate residences for adults and adolescents
- Medically supervised detox and integrated addiction treatment for those struggling with co-occurring drug or alcohol addiction
- Family therapy, aftercare and alumni support with a focus on relapse prevention

## Rosewood Capri

The Partial Hospitalization Program (PHP) for adults allows for more experiential challenges while maintaining a structured environment. PHP may be an entry point for treatment or a step down from inpatient or residential treatment.

## Rosewood Tempe

The Intensive Outpatient Program (IOP) for adults and adolescents may be an initial source of treatment or a step down from higher-level care. IOP provides structured support, group therapy and recovery programming, while allowing clients to work or attend school.

## Rosewood Santa Monica

Rosewood Santa Monica offers IOP and PHP for adults and adolescents, as well as an Extended Day Treatment Program, which includes 11 hours of daily programming for those who are medically stable but have severely impaired functioning due to eating disorders.

**For more information, please call (844) 676-0472 or visit [rosewoodcenters.com](http://rosewoodcenters.com)**



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