What are Eating Disorders?
Eating disorders are the expression of a range of food and weight related issues that both men and women experience. Individuals struggling with an eating disorder may experience low self-worth, extreme body image concerns, and an intense fear of weight gain. A common myth about eating disorders is that they are only about food and weight, when in reality they are complex and influence many aspects of a person’s life and well-being.

Warning Signs of a Potential Eating Disorder:
- Excessive concern about body weight, body shape, and calorie intake
- Depression and/or irritability
- Noticeable change in weight (significant increase or decrease)
- Loss of menstruation
- Unusual eating habits and/or strict avoidance of certain foods
- Social isolation
- Rigid or excessive exercise regimes

These are only some of the warning signs. If you have concerns about a patient, family member or friend who may be exhibiting signs of an eating disorder, contact services in your community to get them the care and support they need.

To make a referral to the Young Adult Eating Disorders Program, please call 905-895-4521, ext. 2215 to request a Physician Referral Form

For more information regarding this program, please visit www.southlakeregional.org