

ED PHYSICAL SYMPTOM CHECKLIST

NAME:

DATE:

Those with eating disorders face emotional and physical difficulties that can be serious, life threatening consequences. The following a list of symptoms or complaints you may or may not be experiencing. Please read each one and check any and all that apply, even if they may not have changed since your last visit.

- Feeling cold much of the time
- Fingers or toes turn blue at times
- "Hot flashes" or sweating spells (at night or other times not related to exercise)
- Dizziness or feeling like you're going to pass out at times
- Mouth feels dry at times
- Chew gum frequently
- Heart beat going fast suddenly
- Feeling your heart "skip beats" or like it "jumps" at times
- Chest pain
- Shortness of breath or trouble breathing recently
- Difficulty thinking straight or remembering things as well recently
- Trouble falling or staying asleep
- Headaches
- Loss or decrease menstrual periods or diagnosed with infertility
- Hair falling out
- Difficulty with constipation or diarrhea
- Swelling in your feet or hands
- Stomach hurting

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- Problems with heartburn, acid indigestion and/or reflux
- Enamel erosion or tooth loss from acid
- Feeling like you've eaten out of control or feeling guilty after eating
- Blood when you have thrown up or gone to the bathroom
- Seeing something that looks like coffee grounds when you have thrown up
- Pain in one or more of your bones (like your shin or feet) or joints
- I have thrown up, voluntarily or involuntarily, recently
- I have taken laxatives recently
- I have taken diet pills recently
- I have taken water pills recently
- I have or suspect I have one or more of the following: high blood pressure, high cholesterol, diabetes, thyroid disease, ADD/ADHD (circle which one applies)
- I have been diagnosed or told I have one or the following: gluten intolerance, celiac disease, lactose intolerance, and/or nutritional deficiencies (circle which ones apply)

NOTES