

# Eating Disorders

in Lockdown

Long term effects:

DIFFICULTY CONCENTRATING  
INSOMNIA

INCREASED RISK OF STROKE,  
HEART ATTACK ETC

LOSS OF WHITE BLOOD CELLS  
(POOR IMMUNE SYSTEM)

HIGH CHOLESTEROL  
IBS

CHRONIC STOMACH ISSUES  
NUTRIENT DEFICIENCIES

INFERTILITY

LOSS OF HAIR

DAMAGE TO JOINTS AND  
MUSCLES