

## Worried about an eating disorder?

Many of us know someone who had or maybe we suspect has some type of eating disorder. If you're concerned about someone, seeking help as soon as possible can make a big difference.

### Early detection matters

According to the National Eating Disorders Association (NEDA), "The chance for recovery increases the earlier an eating disorder is detected and treated."



### Not just a teenage girl problem

While eating disorders often begin during adolescence, a growing number of young children and adults (including males) have been diagnosed with these serious but treatable illnesses. Anyone, regardless of age, race, gender or socioeconomic status can be affected.

### Know the early warning signs

Most people won't experience all the signs and symptoms at once but knowing what to look for is an important first step. Click [here](#) to learn more about early warning signs as well as signs that are commonly overlooked.