



Equip

Is it an eating disorder?

A guide for medical providers



Food Intake

- Food restriction
- Binge eating
- Making a significant shift in diet



Behavior Changes

- Wearing baggy clothing
- Avoiding eating with others
- Bathroom breaks after meals



Weight & Growth

- Rapid weight loss or weight gain
- Slowed height velocity
- Falling off growth curve



Activity & Exercise

- Exercising when sick, tired, or injured
- No days off from exercise
- Stress fractures from exercise



Physical Exam

- Unstable vital signs
- Bradycardia
- Russel sign (callous on knuckles)
- Enamel erosion
- Enlarged parotid glands



Physical Complaints

- Fatigue or fainting
- Cold hands & feet
- Constipation or palpable stool
- Irregular or absent menses
- Lanugo or hair loss



Concerned about a patient?

If your patient displays several of the above symptoms, they could be struggling with an eating disorder.



Scan the QR code or contact us to start a referral.

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Equip

How to do a medical workup

A guide for primary care providers and pediatricians



Take a closed weight

Weight numbers can be triggering for patients with eating disorders. We recommend weights are taken in a gown standing backwards on the scale.



Take orthostatic vital signs

Lie for 5 minutes:

The patient should lie flat and still for 5 minutes—check and record heart rate and blood pressure

Stand for 2 minutes:

Patient should stand for 2 minutes—check heart rate and blood pressure



Run baseline labs and screening tests

When an eating disorder is suspected, the following labs are recommended for an initial workup:

- CBC + differential
- Comprehensive metabolic panel with magnesium and phosphorus
- TSH, Free T4 (T3 optional)
- Vitamin D 25-hydroxy
- LH, FSH, estradiol (if irregular/absent periods)
- Consider testosterone level in males
- EKG

