



Source: Office on Women's Health (2009a).

Jen's Story

It was 6 months ago when I realized my daughter, Jen, had an eating disorder. Jen has always been a picky eater. But I started to see that she moved food around her plate. And she never ate very much. She exercised all the time—even when she was sick. And she was sick a lot. She became very skinny and pale. Her hair thinned. Jen became moody and seemed sad—I thought that's what teens act like. But once I put the signs together, I talked to Jen about anorexia. She denied she had a problem. But I knew she needed help. I took her to our doctor, and she asked me to put Jen in the hospital. Jen's treatment helped her return to a normal weight. It's been a tough road since then for all of us, but Jen is back home now. She is still seeing her doctors, and may need help for some time. But she's doing much better.