

WHAT IS HUNGER?

Hunger is a signal from our body that it is time to eat.

Hunger is a good thing and shows that our bodies are working correctly!

If you have lost the ability to feel hunger it is important to talk with your doctor.

What Can Increase Hunger Level



- Stress
- Anxiety
- Depression
- Reactions to certain medications
- Hyperthyroidism, an overactive thyroid gland
- Graves' disease, an autoimmune disease in which your thyroid produces too much thyroid hormones
- Hypoglycemia, or low blood sugar
- Diabetes, a chronic condition in which your body has trouble regulating blood sugar levels

What Can Decrease Hunger Level



- Depression
- Stress
- Anxiety
- Medications like
 - Antibiotics
 - Amphetamines
 - Chemotherapy
 - Digoxin
 - Fluoxetine
 - Hydralazine
 - Opioids

Knowing when you're actually hungry and when your mind is just playing tricks on you can be a challenge at times.

Tips if you have decreased hunger



- Try eating small meals regularly throughout the day.
- Manage any illnesses, infections or underlying conditions.
- Talk with your doctor about medications to stimulate your appetite.
- Talk with a mental health specialist about your eating habits if they're irregular.
- Talk to your doctor about changing the dosage or type of medication you take.
- Meet with a dietician to help you manage your eating habits.
- Take vitamins or supplements under your provider's recommendations.
- Visit a dentist if you have tooth pain or dental problems.

When the underlying cause of a loss of appetite receives treatment or resolves, your appetite should return to normal. If your appetite doesn't return to normal after you recover from an illness, injury or infection, contact your healthcare provider.