



Eating Disorders Are Not...

- About food-this becomes a mechanism for conflict, control, communication etc.
- A matter of self will
- About vanity
- Harmless phases



Who Develops Eating Disorders?

- Females represent 90-95% of patients with eating disorders
- Onset occurs typically in adolescence and early adulthood
- Bulimia Nervosa affects up to 5% of women and Anorexia Nervosa affects up to 1% of women



What Causes Eating Disorders?

- Genetic Predisposition
- Sociocultural influences
- Personal characteristics
- Period of change
- Stressful situation or life event



What Are the Risk Factors for Developing and Eating Disorder?

- **Family history:** eating disorders, parental obesity, restrictive dieting, and concerns about eating, appearance or weight
- **Personal history:** body dissatisfaction, restrictive dieting, childhood obesity, early menarche, depression, substance abuse or dependence, obsessive-compulsive disorder, social anxiety, and adverse life events





What Are the Risk Factors for Developing and Eating Disorder?

- **Personal characteristics:** perfectionistic or obsessional traits, alexithymia and low self-esteem
- **Other:** female and an occupational status that emphasizes appearance, e.g. modeling



What Are the Signs of an Eating Disorder?

- Dieting: weight loss or fluctuations
- Overemphasis on weight and shape
- Other physical changes: pale, hair loss, changes to teeth, enlarged glands
- Physical symptoms: fatigue, fainting
- Unusual eating behaviours
- Changes in activity, preoccupation with exercise



How Serious Are Eating Disorders?

- High mortality rate: death due to medical complications and suicide
- High rates of ongoing illness
- Long time to achieve recovery
- High rates of anxiety, depression, substance use disorders



What Else Is Affected?

- Disruption in normal development
- Inability to form meaningful relationships
- Dysfunction within families
- Isolation





How Can Eating Disorders Be Treated?

- Multifaceted treatment
- Family Physician
- Community resources
- Provincial Eating Disorders Programs
- Kelty Resource Centre
- Self Help books
- Therapy



How Can Eating Disorders Be Treated?

- Psychiatric care to coordinate treatment, may include psychotherapy, medications
- Medical care to reduce and treat medical complications
- Nutritional treatment is essential



What Else Do We Need to Consider in Treatment?

- Many patients have other mental health issues: depression, anxiety, substance use
- Treatment of other disorders is important and may improve function and outcome
- Treatment of other disorders may be difficult, especially if patient is malnourished



How Can Eating Disorders Be Treated?

- Medications: can be used to treat eating disorder or other mental health issues
- Antidepressants: may reduce binge eating and purging behaviours, treat depression and anxiety
- Antipsychotics: used to reduce anxiety, potentially reduce core cognitions and improve weight gain

How Can Eating Disorders Be Treated?



- Anxiolytics: used to treat anxiety, care needed to reduce risk of dependence
- Others: use specific medications for treatment of mental health issues

How Can Eating Disorders Be Treated?



- Cognitive Behavioural Therapy
- Interpersonal Therapy
- Motivational Enhancement Therapy
- Dialectic Behaviour Therapy
- Psychodynamic Psychotherapy
- Supportive Psychotherapy

St. Paul's Hospital Eating Disorders Program



- Provincial program providing the highest level of care for patients throughout the province
- Specialized, comprehensive assessment and treatment planning
- Research integrated into assessment

St. Paul's Hospital Eating Disorders Program



- Specialized inpatient unit: psychiatric and internal medicine treatment
- Multidisciplinary team: nursing, nutrition, occupational therapy, pastoral care, recreational therapy
- Focus on medical and psychiatric stabilization, movement towards health

St. Paul's Hospital Eating Disorders Program




- Outpatient Groups:
 - Educational Groups for patients and family
 - Group therapy directed at understanding eating disorders and developing coping skills
 - Meal support groups

St. Paul's Hospital Eating Disorders Program





- Psychiatric care for all patients
- Internal Medicine care as necessary
- Complex Care Clinic: patients with medical +/- psychiatric illness complicating their eating disorder
- Community Outreach Partnership Program: collaborative program with VCC, community based



St. Paul's Hospital Eating Disorders Program

- Day program with residential component
- intensive treatment
- recovery based
- multidisciplinary team



How Do We Meet Provincial Needs?

- Collaboration with BC Children's Hospital Program
- Collaboration with regional programs
- Educational outreach
- Clinical outreach
- Telephone consultation