

EATING DISORDERS:

Did you know that more than 10% of high school students have an eating disorder, which has one of the highest mortality rates of any mental illness?

You Are Invited to a Discussion with Renowned Experts and a Parent of a Daughter Who Had Anorexia

Eating Disorders (anorexia, bulimia) constitute a major health issue affecting many young women:

11% of high school students have been diagnosed with an eating disorder.

A young woman with anorexia is 12 times more likely to die than women her age without anorexia.

20% of people suffering from anorexia will prematurely die from complications related to their eating disorder, including suicide and heart problems.

90% who have eating disorders are women between 12 and 25, but it is on the rise around the world and among men.

It frequently co-occurs with other mental disorders, particularly depression, substance abuse and anxiety disorder.

We as a community -- as family members, as individuals who may be suffering from eating disorders, and as providers -- need to understand these illnesses better.

**Brown Bag Mental Health Seminar Presented by
Mental Health America of Hawai'i**

When: November 13, 11:30 am - 1:30 pm

**Where: Harris United Methodist Church
(corner of Nu'uuanu and Vineyard)**

There is limited free parking on site. Please carpool if possible.

Featuring Expert Panel:

Anita Johnston, Ph.D.

Acclaimed author of Eating in the Light of the Moon, Director and Co-Founder of the Anorexia & Bulimia Center of Hawaii and Clinical Director and Founder of the Ai Pono Intensive Outpatient Eating Disorders Programs in Honolulu. Dr. Johnston is an international workshop presenter and has a private practice specializing in women's issues.

Sonia Patel, M.D.

Founder and chief volunteer of Po'o No'ono'o Foundation, dedicated to promoting resiliency in underprivileged youth in Hawaii, Assistant Clinical Professor at the University of Hawaii Department of Psychiatry, and in private practice on Oahu and Molokai specializing in eating disorders.

Kristen Lindsay-Dudley, R.D., M.P.H

Nutrition therapist with specialty in the treatment of eating disorders. Owner of Nutrition Therapy Consultants, an intensive outpatient treatment program for eating disorders.

Geri Marullo, R.N., D.P.H.

Parent of a young adult with an eating disorder.

This seminar will cover:

- How to assess and treat eating disorders from a psychiatric and medical perspective.
- How does dieting initiate eating disorders?
- What role does nutrition and intensive nutrition therapy play in the treatment of eating disorders?
- What is the parents' role? Can parents be empowered to steer the health care team in the best interest of their child?
- How does a family put a team together?
- How can eating disorders be understood without blaming or faulting the victims, siblings and parents?

Donation of \$10- \$25 requested

You may pay by credit card (Visa/Americard) or check.

PLEASE PRE-REGISTER by hitting "reply" (sending to marya@mentalhealth-hi.org) or fax to **533-6995**, and provide the following information:

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Fill in above contact information, make check payable to Mental Health America of Hawai'i, and send to 1124 Fort Street Mall, Suite 205, Honolulu, HI 96813. Questions? call 521-1846.

Please attend MHA's Brown Bag Seminar on November 13 to learn more about this important issue.

Sources:

ANAD Ten Year Study. Natl Assn of Anorexia Nervosa and Associated Disorders. www.anad.org

Mortality in Anorexia Nervosa. Am J of Psychiatry, 152(7), 1073-1074.

National Eating Disorders Association, 2006. "Anorexia Nervosa."

Renfrew Center Foundation for Eating Disorders, Eating disorders 101 Guide: a summary of issues, statistics and resources. 9/02, rev. 10/ 03, <http://www.renfrew.org>.



....Helping Hawai'i Live Life Well

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