

Maudsley Parents Newsletter



maudsleyparents.org
family-based treatment for eating disorders

NOVEMBER 2010

What's new at Maudsley Parents? Information on working with your child's pediatrician, family-based treatment in the news, and more.

We're excited about our 3rd conference, scheduled for January 21st in San Diego. We look forward to bringing together community clinicians, families, advocates and leading researchers. We've worked hard to keep costs low so attendance will be affordable for all. Please join us if you can. Register by November 30th for the early bird rate!



Walter Kaye, MD



Daniel le Grange, PhD



Renee Hoste, PhD



Roxanne Rockwell, MA



Harriet Brown

2011 Maudsley Parents Conference

from research to recovery

January 21, 2011, 8:30 - 4:00
Embassy Suites San Diego - La Jolla
4550 La Jolla Village Drive
San Diego, CA 92122

Research is the key to understanding eating disorders and developing effective treatments. Please join us as we learn about the latest research in the field from experts on the cutting edge.

Who should attend? Family members, treatment providers, friends, and others involved in outreach and advocacy.

More information and registration [here](#).

Consulting A Physician About Your Child's Eating Disorder Symptoms

Jocelyn Lebow, MS

Because of the range of medical complications and consequences of any level of eating disorder symptoms, it's important to have your child evaluated regularly by her pediatrician while she is at risk. Some doctors are well versed in the specific health concerns that go along with anorexia and bulimia symptoms. However, it's frequently surprising to parents how many highly competent doctors fail to recognize symptoms and/or don't take them seriously. It's not unusual for a well-meaning doctor to reassure a parent long past the point when the child needs help. Other doctors might not be aware exactly what to check for, or what tests should be run when assessing a child with eating disorder symptoms.

So if you suspect your child has symptoms of an eating disorder, make sure you ask the doctor to do these four things:

1. **Rule out** any other medical cause of weight loss, appetite loss, missed period or other physical symptoms (e.g. light-headedness, fainting) you suspect are related to an eating disorder. This can be done via lab tests and/or a physical (see number 3).
2. Obtain **reliable measurements** of height and weight and see how these current measurements compare to your child's typical position on the growth chart in past years (teenagers should be continuing to gain weight at a fairly consistent rate given their history. Maintaining the same weight, even without any loss, might be cause for concern if their height/weight ratio has changed significantly)
3. A **complete physical** (e.g., assessment of weight for height, blood pressure, heart rates, body temperature) as well as specific **laboratory tests** to check for signs of malnutrition, binge eating and/or purging. These examinations help assess the degree of illness, its chronicity, as well as rule out other possible organic reasons for symptoms.
4. High priority tests you should be sure to request include:
 - Complete Blood Count (CBC)
 - Comprehensive Metabolic Panel (CMP) especially all tests of electrolytes (sodium, potassium, bicarbonate and chloride) as well as calcium and tests of kidney function (BUN and creatinine)
 - Serum Magnesium
 - Thyroid Panel
 - Transthyretin (Prealbumin)

Your doctor will be able to give you much more detail about what each test measures and what the results mean. For a general overview of common laboratory tests run for eating disorder patients, click [here](#).

If the results of this examination suggest that the your child's symptoms are more severe or have had more serious physical effects than you suspected, your next step is to set up a schedule of regular assessments with a physician who specializes in eating disorders. If your pediatrician doesn't have the necessary expertise, he or she should be able to provide a **referral** to a doctor who has experience working with eating-disordered teenagers. Scheduling such an evaluation may be somewhat complicated due to insurance processes and limited availability of experts in eating disorders. But these obstacles can usually be overcome with persistence and a referral from a pediatrician specifying the need for the consultation.

If your doctor would like more information on FBT (the Maudsley approach), there are resources linked on the Maudsley Parents [webpage for doctors](#).

** A note: Because of the nature of eating disorders, your teenager might minimize symptoms, and may not be entirely truthful when talking to a doctor. It's imperative for you to be present during the entire check-up, particularly when the doctor is taking your child's history, to ensure the physician is not misled as to the severity of your child's symptoms.

New on the Website

Information for pediatricians

The pediatrician is a key member of the team treating any child or teen with an eating disorder. We've pulled together a short focused list of resources on family-based treatment and eating disorders, including information from the American Academy of Pediatrics, the Canadian Paediatric Society, the Society for Adolescent Medicine and the Academy for Eating Disorders. Check it out [here](#).

Ask an Expert Index

Scan through our list of "Ask an Expert" Q & As [here](#) or read the full text of all questions and answers [here](#). Still have a question you'd like answered? Send us an email at experts@maudsleyparents.org.

Treatment Provider Updates

Looking for a family-based treatment therapist? Check out our provider listing and advice on finding treatment.

New Video

Dr. Daniel le Grange's talk from our Bethesda conference with a detailed discussion of the recently published study on family-based treatment [here](#).

Family-Based Treatment In the News

The publication of a new study in the *Archives of General Psychiatry* made a big splash in the media. 120 anorexia nervosa patients were recruited at the University of Chicago and Stanford University and assigned randomly to either family-based treatment or adolescent focused therapy. Check out some of the coverage:

New York Times: [Bringing In Family To Combat Anorexia](#)

NPR Morning Edition: [Parents Can Make A Difference With Anorexic Teens](#)

Newsweek: [Anorexia Teens Get Boost From Family-Based Treatment](#)

Wall Street Journal: [Parental Role Aids In Anorexia Recovery](#)

Chicago Tribune: [Study: Family-based Anorexia Treatment Most Effective](#)

Business Week: [Anorexic Teens May Gain from Whole-Family Treatment](#)

MSNBC: [Anorexic Teens Recover Better With Parental Help](#)

WebMD: [Family Therapy Provides Longer-lasting Recovery for Teenagers with Anorexia](#)

US News and World Report: [Family-Based Therapy: An Eating-Disorder Treatment That Works and 5 Eating Disorder Signs in Your Child.](#)

Diane Rehm Show: [New Treatments for Eating Disorders](#)

Family Internet-based Early Bulimia Nervosa Study

The University of Chicago is conducting a research study designed to examine the efficacy of an Internet-based program for parents with adolescent children who show early signs of bulimia nervosa. We are seeking families who have an adolescent (ages 12-17) who engages in binge eating (large amounts of food in a short period of time) and/or compensatory purging (e.g., vomiting). Participating families will use an Internet-based program to address their adolescent's eating disorder symptoms.

To be eligible:

- * Families with an adolescent child (ages 12-17)
- * Adolescent demonstrates eating disorder symptoms

For information call: Colleen Stiles-Shields at 773-834-5677 and mention your interest in the Family Internet-based Early Bulimia Nervosa Study or e-mail Jocelyn Lebow at jlebow@yoda.bsd.uchicago.edu

To learn more, or to register online, visit: <http://epathprogram.org/>

Are you a therapist looking for family-based treatment training?

A workshop will be offered February 26 and 27, 2011 at Stanford University in Palo Alto, CA by the Training Institute for Child and Adolescent Eating Disorders. Visit the Institute website to learn more at train2treat4ed.com. Trainees/students pay half price for the workshop.



Brave Girl Eating by Harriet Brown

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