

# EDRC Family and Friends...



EATING DISORDERS RESOURCE CENTER

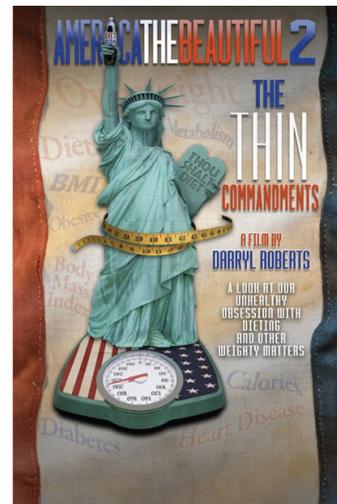
FALL 2011

## America the Beautiful Sequel: Thin Commandments A Look at our Unhealthy Obsession with Dieting and Other Weighty Matters

By Dr. Deah Schwartz

I recently had the pleasure of partaking in a teleconference with Darryl Roberts, the filmmaker behind *America the Beautiful* and upcoming sequel, *The Thin Commandments: A Look at our Unhealthy Obsession with Dieting and Other Weighty Matters*. Darryl brought us along his path of discovery that included debunking the myths behind America's "Thin Commandments," exploring the unhealthy obsession with dieting by the American people, and unveiling the discrepancies behind the rarely disputed message that in order to be healthy you have to be thin. As Darryl continued to work on the film he found more and more evidence that despite the fact that health may come in a variety of sizes, BMI continues to hold an enormous amount of unsubstantiated clout as the barometer of health and definer of obesity. And just when I thought it couldn't get any better, Darryl Roberts told us a story. The issue of beauty was a main focus of his first film, *America the Beautiful*, which was an Indie film production. But, *America the Beautiful 2* is being released nationally on October 12th in New York by Warner Brothers! From Indie to W.B.! This is a leap that represents not only Mr. Roberts' skill as a filmmaker but also how ripe the American people are to hear his point of view. And his point of view this time is going to be spread Hollywood Style!

—Dr. Deah Schwartz blogs at [www.leftoverstogo.com](http://www.leftoverstogo.com)



JOIN US FOR THE  
NATIONAL PREMIERE

Sunday, October 9th  
Camera 12 Cinemas  
San Jose 1 pm

Buy your tickets online at  
[www.cameracinemas.com](http://www.cameracinemas.com)

## A Message of Hope

Remarkably this week we received calls from two worried parents whose sons were suffering from eating disorders at opposite ends of the disordered eating spectrum, yet both equally life-threatening. One mother told us, *"My husband just flew to Alaska to take our son out of college and bring him home so he can get treatment. He is starving himself. I don't know where to start. I can't watch him fall deeper into the disorder as we try to find treatment and get coverage."*

The same day we received a phone call from a Spanish-speaking father. *"My 21 year old son eats impulsively and excessively. He is extremely overweight and very depressed. Where can we go for help? We have no insurance."*

Both parents were desperate. Both needed help finding treatment and support. Both had challenges with insurance coverage—one had no insurance coverage at all, the other could not find a physician who would take their HMO. The good news is that both sons are willing to get treatment, and are asking their families for help.

Thanks to EDRC's strong network of professionals, volunteers, donors, and partners, both parents were directed to resources which their sons needed to start the journey of recovery.

Gratefully,

*Janice Bremis*



**Pictured from left:** Meg Taylor, Cisco Community Relations with first-time grant recipients, Liz Dubois, Bay Area Women's Sports Initiative (BAWSI) and Janice Bremis, EDRC Executive Director.

"THE LOCKHEED MARTIN EMPLOYEES' FOUNDATION IS HAPPY TO SUPPORT EDRC AND THEIR EFFORTS TO PROMOTE AWARENESS, RECOVERY, AND ADVOCACY."

**VANESSA WILLIAMS,**  
EXECUTIVE DIRECTOR

## EDRC Family and Friends...

### Every Body's Beautiful Essay Contest

EDRC held its annual *Every Body's Beautiful* essay contest for middle and high school students in recognition of National Eating Disorders Awareness Week 2011. The contest, sponsored by Kaiser San Jose, gave students an opportunity to share what is beautiful about them and how the media affects their body image. Cash prizes were awarded to the highest scoring essays. Below is an excerpt from three of this year's winning essays. The winning essays can be found on our website [www.edrcsv.org](http://www.edrcsv.org). To participate in the 2012 contest, please contact Anna at [anna@edrcsv.org](mailto:anna@edrcsv.org).



I can honestly say that I don't pay much attention to the mass media, and I try my best to not let it affect me. Mass media doesn't change my body image at all. Instead it makes my inner beauty

shine even more, because I know I'm beautiful.

What I love most about myself is my inner beauty, because it's what makes me unique. I can truly say I love myself because I let my inner beauty shine inside and out, and that I love me for me.

- Grace Jeanpierre  
8th Grade Fischer Middle School  
2nd Place Winner (tied)



How many times have you heard a person talking about "how ugly she is", or "how she wishes she could be like that person." I personally think this is outrageous. People should be

thankful for who they are.

The mass media never has really effected how I feel about myself. I still wish I could be an amazing perfect person but I understand that it's impossible to be perfect. I just try to be optimistic about who I am and take pride in that.

- Nick Tabares  
8th Grade Moreland Middle School  
2nd Place Winner (tied)



My appearance tells my story. I have almond-shaped eyes like my father and the same skin tone as my mother. My legs have carried me from Beijing to Chicago to California, my arms have

lifted everything from books to babies, and my eyes have seen snowfall and sunshine. My body has carried me from one stage in my life to another, changing as I change and yet remaining fundamentally me. Realizing that I am not a replica but an individual with a history shows me that I am beautiful.

- Helen Chen  
12th Grade Evergreen Valley High School  
1st Place Winner

### The Challenges of a Dual Diagnosis

By Matt Keck, MFT

Eating disorders and substance abuse are both difficult to overcome and to treat; and often these two illnesses go hand in hand. In a 1996 study, Lisa Lilienfeld found that substance abuse was significantly more common in women with eating disorders than women without. This has been attributed partly to biology and partly to the fact that both behaviors are forms of self-destructive coping attempts.

One of the major debates in the field is whether someone with an eating disorder can be effectively treated while they have co-occurring substance abuse issues. In the past, the prevailing view has been that the person first needs to achieve sobriety and then work on their eating disorder due to the cognitive impairments imposed by substance use. However, the cognitive impairment imposed by the eating disorder is often equally potent and so it becomes difficult to discern which condition is primary. We also see in treatment that when individuals make improvements in their eating disorder, they struggle more with substance abuse. This is commonly referred to as symptom substitution. It is important that both issues be addressed simultaneously, for if we focus exclusively on one or the other, the symptom substitution phenomenon will prevent recovery from either condition. Recovery from these issues is difficult and will, of course require skill, patience, courage, and focus on the part of both the treating professionals and the individual who wants to recover. However, there are many survivors of eating disorders and substance abuse who serve as a testament to the fact that it can be done.

Matt Keck, MFT is the founder and Clinical Director of Cielo House in Belmont & San Jose. For more information visit [cielohouse.com](http://cielohouse.com).

"THANK YOU FOR  
YOUR HELP  
CONNECTING ME  
WITH THE TREATMENT  
TEAM IN IOWA. I  
DIDN'T KNOW WHERE  
TO START AND YOU  
HELPED ME FIND THE  
RIGHT TREATMENT  
PROGRAM FOR ME."

- GRATEFUL CLIENT

## ED Experts at Stanford Join EDRC Speakers Bureau

EDRC's speakers bureau of expert physicians, therapists, and dietitians train local physicians, health care professionals, and safety-net providers. This training includes how to screen for and recognize the symptoms of EDs; evidence-based effective treatments; and available resources that promote prevention, early diagnosis, intervention, and recovery.

An important partner in this effort is the ED Clinic Post-Doctoral team. Dr. Kara Fitzpatrick recently presented to physicians at El Camino Hospital and Regional Medical Center about the neurobiology of eating disorders. After the presentation at El Camino Hospital, Dr. Jerry Manoukian, Chair, CME Committee, stated, "Dr. Fitzpatrick's session was one of the best grand rounds we have ever had!"

Another team member, Dr. Vandana Aspen, has presented to several community and county clinics, including Narvaez Mental Health Center. On her evaluation, one attendee wrote, "Dr. Aspen's presentation increased my awareness of ED treatment needs and will help me with my case referrals and to provide better support for our clients."

Providing these trainings will ensure early intervention and more cost effective treatment for ED patients. This is key in reducing the duration and cost of treatment, the number of

cases that become chronic, and saving lives.

For more information about Stanford's research and clinical trials, please visit <http://edresearch.stanford.edu>. To schedule a presentation for your professional or community group, please contact Anna at [anna@edrcsv.org](mailto:anna@edrcsv.org) or (408) 559-5593.



**From top left:** Stephanie Manasse, Maria-Christina Stewart, Megan Jones, Alison Darcy, Kara Fitzpatrick, James Lock, MD  
**From bottom left:** Nandini Datta, Alaina Critchlow, Vandana Aspen, Judy Beenhakker

"THE MOST REWARDING PART OF MY JOB IS WHEN CHILDREN AND ADULTS LEARN TO HAVE A GOOD RELATIONSHIP WITH FOOD AND WHEN ALL THOSE WHO SUFFER FROM EATING DISORDERS BECOME HEALTHY AND LOVE THEIR BODIES."

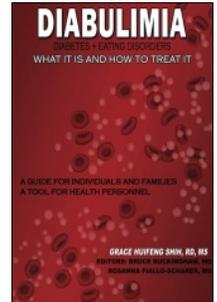
- GRACE SHIH, RD  
EDRC BOARD MEMBER

## Spotlight On EDRC Board Member



**Grace Shih**, a registered dietitian at Lucile Packard Children's Hospital, joined the EDRC board because of her passion to help those struggling with eating disorders.

Grace recently published the first book about diabulimia: **DIABULIMIA (DIABETES+EATING DISORDERS); What It Is and How to Treat It**. For a complimentary copy, please email [anna@edrcsv.org](mailto:anna@edrcsv.org) or call (408) 559-5593.



## Support Corner For more information about these support groups, visit our website [www.edrcsv.org](http://www.edrcsv.org)

### La Ventana Treatment Programs offers NEW FREE support group for patients and families

1101 S. Winchester Blvd., Ste N-265, San Jose 95128  
Every Saturday, 10-11:30 am

### EDRC Family & Friends Support Group

El Camino Hospital, New Building, Conference Room A  
2500 Grant Road, Mountain View 94040  
Every 2nd and 4th Saturday, 9:30-11 am

### EDRC Body Image & Eating Disorders Support Groups

Mission Oaks campus, Room 295 (second floor)  
15891 Los Gatos-Almaden Road, Los Gatos 95032  
1st Wednesdays at 6 pm & 3rd Sundays at 5 pm

Sutter Maternity & Surgery Center, Orthopedic Waiting Room  
2900 Chanticleer Avenue, Santa Cruz 95065  
1st Tuesdays & 3rd Fridays at 6 pm

2105 S. Bascom Ave, Ste 220  
Campbell, CA 95008  
Phone: 408-559-5593  
Fax: 408-559-9515  
E-mail: [info@edrcsv.org](mailto:info@edrcsv.org)

### Board of Directors

Debi Bingham

Denise Bridges

Kathleen Davidson, RN, BSN, MBA

Seham El-Diwany, MD, FAAP

Candace Ford Gray, MLIS

Vanessa McCaslin

Grace Shih, RD, MS

Nancy Shardell, RN, BSN, MA

### Find us on FACEBOOK!

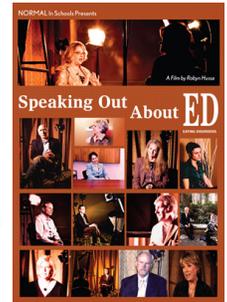
## DID YOU KNOW?

90% OF THOSE WITH AN EATING DISORDER ARE CHILDREN AND TEENS AND THOSE AFFECTED ARE GETTING YOUNGER. 20-30% OF ADOLESCENT GIRLS HAVE DISORDERED EATING.

Source: Eating Disorders Coalition  
[www.eatingdisorderscoalition.org](http://www.eatingdisorderscoalition.org)

## Speaking Out About Eating Disorders

This past spring, EDRC partnered with NORMAL In Schools (NIS) and Playful People Productions theater program to host the West Coast premiere of “Speaking Out About ED”. This powerful new film by Robyn Hussa, Founder and President of NIS, shares discussions from 12 of the nation’s leading mental health researchers around the topic of eating disorders, obesity, depression, and anxiety disorders, along with helpful prevention strategies.



In the film, Dr. Stephen Hinshaw, chair of psychology at UC Berkeley says, “At least 1/4 of all U.S. teenage girls are suffering from eating disorders, significant depression, or thoughts of self-harm.” The documentary exposes the growing problem of eating disorders and obesity in our society, debunks myths around both issues, explores treatment options, and calls for better training of the medical community.

You may purchase a copy of “Speaking Out About ED” through Gurze Books at [www.bulimia.com](http://www.bulimia.com).



“THANK YOU FOR THE PRESENTATION ON HEALTHY EATING AND PHYSICAL EXERCISE. LINDA SWEENEY DID A GREAT JOB PRESENTING THE MATERIAL AND THE JEOPARDY GAME REALLY GOT THE STUDENTS ENGAGED. THIS WAS A VERY POSITIVE LEARNING EXPERIENCE FOR THEM!”

- PERPLE LU,  
JOB CORPS ACADEMICS INSTRUCTOR

Linda Sweeney, MS, RD from the Public Health Department presented to 30 students from the San Jose Job Corps on July 22nd. She helped students understand the difference between healthy eating and fad diets; the importance of variety and moderation in eating; and how important physical activity is to maintaining good health for life.

## Our Mission

Raise **awareness** through presentations to physician, educator, and community groups

Promote **recovery** by providing resources for education and treatment and monthly support groups

Participate in local, state and national **advocacy** efforts to support mental health parity, eating disorders legislation, and effective insurance coverage

## To Donate

The EDRC is a 501(c)(3) public charity, ID # 68-0616393, and your gift is tax deductible as allowed by law. Please mail your gift to the address above or **online** at [www.edrcsv.org](http://www.edrcsv.org)