

EDRC Family and Friends...



EATING DISORDERS RESOURCE CENTER

FALL 2010

Every Body's Beautiful

Students and survivors of eating disorders model confidence, poise, and beauty

Over 600 people attended EDRC's first ever Every Body's Beautiful Awareness Day and Fashion event on Saturday, June 26, 2010 at Macy's Valley Fair. As part of National Eating Disorders Awareness week, EDRC hosted an essay contest asking middle and high school students to write about how the media affects their body image as

well as how they deal with pressures with society's ideal of beauty. 183 students from 25 schools throughout Silicon Valley submitted essays.

The top seven winners were awarded cash prizes at their schools, while being recognized by their peers and their teachers. Essay contest winners along with individuals who have struggled and recovered from an eating disorder participated in the Fashion Event. Each starred in a video explaining what true beauty means, followed by a walk down the runway. Dressed in the latest colorful styles provided by Macy's Valley Fair, the models proved that, indeed, beauty comes in all shapes and sizes.

Kaiser San Jose Medical Center and Macy's Valley Fair sponsored the event. A



Darcie Green, Community and Government Relations Manager, Kaiser San Jose

special thank you goes to KTVU reporter John Sasaki for his outstanding coverage of the day, which was televised that evening to over 100,000 Bay Area KTVU viewers.

Read a winning essay and more details about the event on Page 2!

"KAISER IS HAPPY TO SPONSOR THIS PROGRAM AS PART OF OUR HEALTHY LIFESTYLE FOCUS AREA. EDRC IS SUCCESSFULLY REACHING OUT TO BOTH THE GENERAL AND MEDICAL COMMUNITIES. FEEDING YOUR BODY WELL, BEING ACTIVE, AND FEELING GOOD ABOUT YOURSELF MATTERS MORE THAN A NUMBER ON THE SCALE."

—DARCIE GREEN, MANAGER, COMMUNITY AND GOVERNMENT RELATIONS, KAISER SAN JOSE MEDICAL CENTER



Sara Forghani, 8th Grade, Silicon Valley Academy

EDRC Founder receives San Jose Medical Center Foundation Legacy Medal

By Kathleen Davidson, EDRC Board Chair



Jose Medical Center Founda-

tion Board Members and guests celebrated the final distribution of its funds and awarded the last Legacy Medal to our Executive Director and health advocate Janice Bremis. The Foundation hosted

an elegant dinner on May 19th at the Sainte Claire Hotel for 230 guests who enjoyed the occasion as a reunion for San Jose Hospital donors, stakeholders, and past Legacy Medal recipients. Foundation chair,

Brad Baron, and Mary Myers, board member and event chair, showcased the four beneficiary organizations as part of the evening's theme, "Honor the Past, Inspire the Future." EDRC was among the

See FOUNDER page 4

SPECIAL THANKS!

Our Event Sponsors:

Kaiser San Jose Medical Center
Macy's Valley Fair
Beverly Zeiss, Red Haute and Co.
The Art Institute
Selix Formal Wear
Citti's Florist

Our Event Committee:

Megan Fraboni
Darcie Green
Margot Hardy
Anna Jeon
Sue Kim
Sara Leung
Lisa Mongiello
Amy Peck
Harumi Rodriguez



"BEING A PART OF THE EVERY BODY'S BEAUTIFUL EVENT HAS CHANGED MY OUTLOOK. MY STRUGGLE WITH AN EATING DISORDER AND OVERCOMING IT HAS ALLOWED ME TO HELP OTHERS WHO ARE IN THE SAME SITUATION AND TO BE A ROLE MODEL FOR MY DAUGHTERS. I THANK EDRC FOR THE CHANCE TO SHARE WHAT I'VE LEARNED."

-VIVIAN AMARILLAS

The Future We Don't Want to See

By Margot Czeropski, Grade 12, Saint Francis High School



Fast forward to the year 2050: where medical research has made it possible to customize the physical features of children before they are born. Once the baby comes out blonde, blue eyed, and very thin, it is thrown into the (still) media driven society, unconsciously agreeing to devote the rest of its life to keeping up with the latest trends. Girls are raised on fashion magazines and held to strict diets while boys are taught to lift weights before they are able to walk. In this world, everyone is a model. Oh, how wonderful it is to live a beautiful life in a beautiful body with a beautiful husband and beautiful children...

There is a flaw to this seemingly perfect prediction: beautiful is subjective. This may seem obvious in everyday situations, but it is so easily forgotten when placed in the context of the mass media. For example, you may believe that Proenza Schouler gown to be beautiful, while your best friend doesn't. It's subjective. However, most 17 year old girls will agree that a small nose, slender figure, and straight, blonde hair is beautiful. This is the problem with the mass media: it robs young girls of their own opinions.

In order to deal with this monopolization of beautiful, I look for beauty in everything. This not only gives me an optimistic attitude but it makes it easier for me to accept myself. If every one of my friends and all of my family is beautiful, why shouldn't I be? I'm able to look past superficiality (i.e. makeup, popularity, plastic surgery) into my own true opinion, which has become accepting and appreciative. I embrace uniqueness and quirky personality traits.

Magazines, reality shows, and celebrities used to intimidate me. Alexa Chung and Kristen Cavallari seemed almost god-like and their status seemed unattainable. I wanted to be just as skinny, fashionable, and beautiful as them. Now, I still find them pretty, but they are no prettier than my friends, or even me. If we were all given Chanel dresses, makeup, and hair sessions, we too could look red carpet ready. Makeup or no makeup, Chanel or no Chanel, everyone is uniquely beautiful.

What I find beautiful about myself is my genuineness. I stay true to myself, my beliefs, and my opinions, but not in an imposing way. I know what image I want to put out to the world, and it isn't one that can be negatively affected by my peers or bad judgment. My integrity guides me. I don't let myself get pressured into doing anything I might ever be ashamed of. I stay true to the high standards I have set for myself in terms of values, integrity, and life goals. My friends look to me for honest advice and even my parents and older friends take my ideas seriously.

While this is not the only way to combat the influence of the mass media in one's life, realizing optimism, acceptance and integrity has definitely worked for me.

For more photos of the day, essays and KTVU's coverage check out EDRC's website www.edrcsv.org. If you are interested in participating in next year's event please contact Anna Jeon at 408 559-5593.

Does Thinking Style in Eating Disorders Run in Families? A New Study Beginning at Stanford

By Jim Lock, MD, PhD, Director of the Eating Disorder Program at Stanford University Medical School and Lucile Packard Children's Hospital

Recent studies suggest that the way someone thinks may influence their vulnerability to developing an eating disorder. Studies in the UK, Italy, Australia, and the US all find that people with anorexia nervosa tend to over focus on detail, while sometimes not seeing the big picture. They also typically have difficulties shifting focus from one topic to another. A few studies find that this trait may also run in families. This has inspired some to believe that these differences in thinking style may be a cognitive endophenotype (a cognitive marker suggesting vulnerability for developing anorexia nervosa).

When these studies are completed, if results suggest that these types of thinking styles do indeed cluster in families with a member with anorexia nervosa, the next step is to look for genes that code for this. Already data suggest that the thinking style associated with autism and obsessive compulsive disorder (OCD) aggregate in families, so the hunt is on to find the associated genes in these disorders. In addition, it is possible that thinking styles can change. A treatment called Cognitive Remediation Therapy (CRT) is used for this purpose in schizophrenia and OCD. It also shows promise in anorexia nervosa in a few early studies.

If thinking style is heritable in eating disorders, then this would be a compelling rationale for using CRT, especially in younger patients with these disorders. If you would like more information about this study please contact Judy Beenhakker at 650-723-7885.

"EDRC HAS TAKEN A DETERMINED, FOCUSED, AND ENERGETIC APPROACH TO EDUCATING OUR COMMUNITY ABOUT THE DIRE CONSEQUENCES OF EATING DISORDERS. IN DOING SO, EDRC HAS HELPED TO DISPEL MISLEADING MYTHS ABOUT EATING DISORDERS, ENCOURAGED EARLY IDENTIFICATION OF EATING PROBLEMS, AND PROMOTED AWARENESS ABOUT THE BIOLOGICAL BASIS OF THESE DISORDERS AND HOW BEST TO TREAT THEM ."

—JIM LOCK,
MD, PHD



Goodbye ED, Hello Me

Author, speaker, singer/songwriter
Jenni Schaefer comes to San Jose



Join us on **Thursday November 4, 2010** at Martin Luther King library in rooms 225/229 at 4:30 to 6:30 PM.

EDRC, San Jose State University and **Center for Change** are sponsoring this free event to raise awareness about eating disorders.

A strong advocate for declaring independence from eating disorders, Jenni's books *Life Without Ed* (\$16.95) and *Goodbye Ed, Hello Me* (\$16.95) show how one can find freedom from an eating disorder and fall in love with life.

You will be inspired to hear Jenni share her own struggles with overcoming an eating disorder. The presentation will be followed at 5:30 pm with a book sale and signing and reception. For more information contact Anna at (408) 559-5593.

Support Corner

FREE

BODY IMAGE & EATING DISORDERS SUPPORT GROUPS:

PlaneTree Health Library
15891 Los Gatos-Almaden Rd
Los Gatos 95032
Every 1st Wednesday at 6 PM
& every 3rd Sunday at 5 PM

South County:
DePaul Health Center
18550 DePaul Drive
Morgan Hill 95037
Every 1st Thursday from 7-9 PM

FREE

FAMILY & FRIENDS SUPPORT GROUP:

El Camino Hospital, 2500 Grant Road, Mountain View 94040
Every 2nd Saturday, 9:30-11AM, New Building Conference Rm "A"
Every 4th Saturday, 9:30-11AM, New Building Conference Rm "C"

ANXIETY MANAGEMENT:

A six-week class to learn specific tools to help you manage your anxiety. Mind-Body Wellness Center, Kaiser Permanente Santa Clara Medical Center. For more information or to register please call (408) 366-4284 or go to kp.org/santaclara. Open to all.

EATING DISORDERS RESOURCE CENTER

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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

Board of Directors

- Denise Bridges
- Kathleen Davidson, RN, BSN, MBA
- Seham El-Diwany, MD, FAAP
- Candace Ford Gray, MLIS
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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

DID YOU KNOW?

A HARVARD STUDY FOUND THAT BINGE-EATING DISORDER IS BY FAR THE MOST COMMON TYPE OF EATING DISORDER, AFFECTING NEARLY 3% OF THE POPULATION. IN CONTRAST, ANOREXIA NERVOSA AFFECTS 0.6% AND BULIMIA NERVOSA 1%.

Source: National Institutes of Health
newsinhealth.nih.gov

“CONGRATULATIONS ON THE SUCCESSES THAT YOUR AGENCY IS ACHIEVING. I WAS EXCITED TO SEE THE NEWS ABOUT THE 3-TO-1 MATCH FROM SAN JOSE MEDICAL CENTER FOUNDATION. ENCLOSED IS MY CHECK TO HELP YOU REACH YOUR \$200,000 GOAL. KEEP UP THE GOOD WORK!”

–TONI ENSUNSA, DIRECTOR, STABILITY PROGRAMS, UNITED WAY SILICON VALLEY

Founder (Continued from Page 1)

beneficiaries. A highlight from the evening was former Legacy honorees Lee and Diane Brandenburg’s presentation of the award and Lee singing his version of the classic, “Accentuate the Positive.”

Having worked many years at San Jose Medical Center, the evening was especially meaningful to me. Many of us reconnected with colleagues and friends.

The EDRC Board is grateful to SJMC Foundation for their generous offer to match every dollar you donate with \$3.00. This is the perfect opportunity to help grow our organization.

Thank you for your support.



Diane Brandenburg (left) presents Legacy Award to Janice Bremis, EDRC Founder and Executive Director