

EDRC Family and Friends...



EATING DISORDERS RESOURCE CENTER

SPRING 2010

Educating Dentists: EDRC Outreach to Professionals Continues

Dentists are often the first health care professionals who can spot the signs of eating disorders, and we have been busy making sure our local dentists know what symptoms to look for, and that if they see signs of eating disorders in their patients, the EDRC is a local resource where they can refer them for help.

The sooner that eating disorders are diagnosed and treated, the more likely it is that a patient will have a full recovery, so an early diagnosis is a significant advantage in the battle for health. For bulimia in particular, the first physical evidence is often apparent in the teeth. Purging erodes dental enamel (the hard, external layer of the tooth), leaving the dentin (inner part of the tooth) susceptible to decay. Recent studies

demonstrate that up to 89% of bulimic patients show signs of tooth erosion.

In spotting worn enamel as a possible sign of purging, the dentist can be a frontline player in detecting an individual's eating disorder, encouraging him or her to seek medical evaluation, providing him or her with compassionate dental care throughout the course of the illness, and communicating with the other professionals on the patient's team.

In March, the EDRC brought this message to 400 dentists of the Santa Clara County Dental Society, including information on the oral signs and symptoms of eating disorders, guidelines for starting the often sensitive conversations with patients, and a list of resources for doctors and their patients.

"IT IS IMPORTANT THAT WE HAVE A LOCAL RESOURCE LIKE THE EDRC AVAILABLE TO GUIDE PATIENTS AND/OR PARENTS TO INFORMATION... IT IS A VERY MISUNDERSTOOD DISEASE AND OFTEN GOES UNDIAGNOSED."

— ROBERT TRIFILO, DDS,
SANTA CLARA COUNTY
DENTAL SOCIETY MEMBER

Going Green

EDRC is going green! Starting this fall, we will be sending our newsletters by email. If you would prefer a hard copy, please contact Anna at (408) 879-8438 or anna@edrcsv.org.

Letter from Our Executive Director



Happy Spring!
Even in these challenging times, thanks to our Family and Friends, good things are happening for EDRC.

Our National Eating Disorders Awareness week of activities, sponsored by Kaiser San Jose, was a great success. Inside, you'll find one of the 150 "Every Body's Beautiful" essays submitted by middle and high school students from schools throughout the county.

Also, we're excited to announce that a fifth monthly support group, led by volunteers Marion Czeropski and Jennifer Moiles, is now underway in Morgan Hill.

Please check out our dramatically revitalized website at www.edrcsv.org. Your feedback is most welcomed. Our kudos to the incredible volunteer talents of Ashish Bogawat, Katie Clark, Divya Iyer, and David Ramsey for this launch.

And for the most exciting news of all, see the side bar (right) to learn about a very generous gift -- and an even more generous opportunity.

Thank you, from the bottom of my heart, to the board of directors of San Jose Medical Center Foundation.

Gratefully,

Janice Bremis

3-To-1 Match:

INCREDIBLE FUNDING NEWS!

San Jose Medical Center Foundation (SJMCF) will match every dollar donated to the EDRC with \$3, up to a total grant of \$200,000.

Thus your gift of \$50 will leverage an additional \$150 donation from SJMCF, for a total of \$200 straight to the EDRC's successful programs and resources for sufferers of eating disorders and their families and loved ones.

You may donate online at www.edrcsv.org or call Anna at (408) 879-8438.

Every Body IS Beautiful: EDRC Essay Contest

As part of the National Eating Disorders Awareness Week in February, the EDRC hosted an essay contest sponsored by Kaiser San Jose for local middle and high school students on the topic of finding beauty in every body. Here is one of our early favorites, among the 150 entries received. For more student essays, visit the Eating Disorders Resource Center Facebook page.



No Body's Perfect
By Bailey Cassidy
Grade 10
Palo Alto High School

Dictionary.com defines body image as an intellectual or

idealized image of what one's body is or should be like. Poor body image is an ever-present issue in society. In 2006, an estimated eight million Americans suffered from eating disorders, and that statistic is rapidly increasing. Every day, more and more people are dissatisfied with what they see in the mirror. It appears impossible to escape the factors that contribute towards negative body image. Although poor body image seems unavoidable in today's society, people can—and should—learn to love and accept themselves for who they are inside.

The mass media contributes towards negative body image. Unless one leads an extremely cloistered life—perhaps alone in a cave—chances are that frequent media exposure is inevitable, whether it's on television, in print, or online. The media sets unrealistic standards for what body

types are considered “normal,” skewing body image at a very early age. For example, if Barbie were life-sized, she would be 5'9” tall and weigh 110 pounds, only 76% of what's considered a healthy weight for her height. This model-like body type is what women compare themselves to, since it is prevalent in the media. Similarly, boys are influenced by media and are led to believe that the ideal male body is inconceivable without the illegal use of steroids.

Because the portrayal of body image in the media is wildly inaccurate, people should stop comparing their bodies to what they see on screen. I seldom compare my body to those I see on screen because I'm aware that celebrities spend hours having their make-up done and that some starve themselves in order to be thin, and in my opinion that is not real beauty. Real beauty is loving yourself and embracing your imperfections, as I love myself for my freckles, curly hair and distinctive birthmark.

In addition to pressure from the media, some people suffer from poor

body image due to the people that they spend time with. I try to surround myself with friends and family members who love me for who I am, not what I look like. These people also love themselves. I tend to steer clear of girls who constantly complain about their bodies. I love my family and friends for who they are, and I feel good about myself when I spend time with the people I love. Because I'm a dancer, many of the people I know also dance. Unlike the stereotypical ballerinas, we do not obsess over our weight. In fact, we frequent the ice cream shop across the street from our studio during breaks. Dancing also helps me feel good about my body and myself.

These and many other factors contribute towards the negative body image that is prevalent in today's society. Instead of succumbing to negative body image, it is best if people learn to love themselves for who they are inside. Remember that no body is perfect, and that happiness is not achieved by being a size 0.

Introducing new team member!



Anna Jeon, EDRC
Program Manager

Please join us in extending a warm welcome to our new Program Manager,

Anna Jeon!
Anna brings

to the position over five years of experience working with programs for various non-profit organizations, including most recently with Community Health Partnership, Inc.

With her health education and community outreach background, volunteer management skills, and a passion for helping others, she will be an incredible asset to our team.

Anna will be your main contact for all EDRC resources, programs, events and volunteer activities.

NEDA: WE are our best advocates

Michelle Obama has announced that combating childhood obesity will be one of her primary missions as First Lady, and she has established a task force comprised of representatives from numerous government agencies.

This is our chance to ensure that eating disorders are heard! NEDA and EDRC urge you to write to the task force today to educate them about the dangers of misinformed obesity prevention, to encourage programs that promote healthy behaviors and body satisfaction, and which incorporate the emotional aspects of eating and body image.

To submit your comments to

the task force, and for more information on the obesity initiative, please visit: www.regulations.gov/search/Regs/home.html#documentDetail?R=0900006480abe53d

Let's make a difference!

GOALS OF THE TASK FORCE

- Ensuring access to healthy, affordable food;
- Increasing physical activity in schools and communities;
- Providing healthier food in schools;
- Empowering parents with information and tools to make good choices for themselves and their families.

“JUST A NOTE TO THANK YOU FOR YOUR HELP WITH ADVOCATING ON BEHALF OF MY DAUGHTER'S TREATMENT FOR ANOREXIA. THANKS TO NANCY'S GUIDANCE, THE HMO HAS DECIDED TO COVER MY DAUGHTER'S TREATMENT. YOU GAVE ME ENCOURAGEMENT TO CONTINUE ADVOCATING WHEN I WAS FEELING WORN DOWN.”
— SALLY

Reaching Out to Possible Sufferers

DO:

Be informed about the general signs of eating disorders.

Set aside a time to talk for a private, respectful meeting.

Discuss your concerns with the individual. Be compassionate.

Suggest that the person seek professional help.

Be a positive role model through your own eating habits and perceptions.

DON'T:

Comment positively or negatively on appearance or weight.

Try to be a counselor.

Become involved in "policing" eating disordered behavior.

Assume there isn't a problem if the individual doesn't show physical symptoms.

Ever give up.

Source: Jenni Schaefer, singer/songwriter, speaker, and author of *Living Without ED: How One Woman Declared Independence from Her Eating Disorder and How You Can Too* (McGraw-Hill). She is a consultant with the Center for Change in Orem, UT. For more, visit www.jenniferschaefer.com.

Support Corner

FREE SUPPORT GROUPS:

Body Image & Eating Disorders Group:

Where: PlaneTree Health Library, 15891 Los Gatos-Almaden Rd., Los Gatos

When: Every 1st Wednesday at 6 p.m. and every 3rd Sunday at 5 p.m.

New Morgan Hill Support Group:

Where: DePaul Health Center 18550 DePaul Dr., Morgan Hill

When: 1st Thursdays from 7-9 p.m.

Family & Friends Support Group:

Where: El Camino Hospital 2500 Grant Rd., Mountain View

When: 9:30-11:00 a.m.
-- Every 2nd Saturday of the month (New Building, Conference Room A)
-- Every 4th Saturday of the month (New Building, Conference Room C)

BOOKS:

Overcoming Binge Eating
By: Christopher Fairburn

Crave
By: Cynthia Bulik

Life Without Ed
By: Jenni Schaefer

Hungry, the mother-daughter story
By: Sheila and Lisa Himmel

The End of Overeating
By: David Kessler, M.D.

These books and others can be checked out of our collection at the PlaneTree Health Library or purchased online at www.gurze.com

ADDITIONAL RESOURCES:

Overeaters Anonymous
(408) 268-7273 or visit www.overeatersanonymous.org

Binge Eating Disorders Association
www.bedaonline.com

Spotlight on Volunteers

In May, EDRC volunteers and support group leaders **Nancy Boyle** and **Debra Schlesinger** will be honored at the Junior League's 41st Annual Volunteer Recognition Luncheon for their commitment to voluntarism in our community.



Nancy Boyle tirelessly follows up with parents who call us needing support and guidance, coordinates guest speakers for our support groups, and does one-to-

one follow up with parents and clients. **Why she volunteers:** "After dealing with my two daughters' disorders on my own, I did not want anyone else dealing with this to have to do it alone... My goal for the group is that they leave with new coping skills and feel more confident in themselves in dealing with difficult issues at home."



Debra Schlesinger co-leads the support group for family members and loved ones. She has been key to our outreach, including leading our team for the

2009 NEDA Walk. She speaks at local high schools and provides online mentoring support for patients and their family members.

Why she volunteers: "It provides me with the opportunity to help other parents and loved ones with the support they need and to provide a 'safe place' to talk about the struggles they are experiencing."

"MY DAUGHTER IS DOING VERY WELL IN HER RECOVERY. HER VITALS ARE STABLE... I CAN'T THANK YOU ENOUGH FOR THE SUPPORT AND INFORMATION YOU PROVIDED ME. WITHOUT YOU AND THE FAMILY & FRIENDS SUPPORT GROUP, MY DAUGHTER AND I WOULD HAVE BEEN LOST."
— STEVE

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

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
address above or **online** at www.edr.csv.org

Check out our new website!
www.edr.csv.org

“THANK YOU FOR THE TRAINING
ON BODY IMAGE ISSUES,
DISORDERED EATING BEHAVIORS
AND THOUGHTS, AND HOW TO
APPROACH STUDENTS WE MAY
SUSPECT AS HAVING AN EATING
DISORDER. MY STAFF AND I FEEL
MORE CONFIDENT AND
COMPETENT TO DEAL WITH
SUCH A COMMON ISSUE.”

— ENRIQUE S. FLORES
DIRECTOR YOUTH SERVICES,
YWCA SILICON VALLEY

Did You Know?

THE DANGERS OF DIETING:
35% OF “NORMAL DIETERS”
PROGRESS TO
PATHOLOGICAL DIETING.
OF THOSE, 20-25% PROGRESS TO
PARTIAL OR FULL-SYNDROME
EATING DISORDERS.

Source: National Eating Disorders Association
www.myneda.org

Special Thanks to our Donors

*We are so grateful to our generous donors and partners whose support enables us
to continue our successful programs and services. These donations were made
January 1, 2009 through February 28, 2010.*

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*Every attempt has been made to ensure the accuracy of this list. However, if a mistake
is noted, please contact us at (408) 559-5593 or anna@edr.csv.org.*