

TREATMENT AT REASONS EATING DISORDER CENTER

SPECIALIZED CARE

It is important that people receive specialized care for an eating disorder. The medical complications can be quite serious and the emotional and behavioral components require intensive therapeutic interventions.

PERSONALIZED TREATMENT

Reasons offers 24 hour/7 day a week treatment as well as outpatient treatment program options to treat this complicated disorder. Our programs include medical and psychiatric interventions, nursing support, therapeutic programming, and nutritional restoration. Our inpatient program offers daily psychiatric and medical monitoring as well as 24-hour nursing. Our residential programs offer 24-hour nursing and minimum weekly psychiatric care.



OUR TREATMENT SETTINGS

- Psychiatric Inpatient Treatment at ^{BHC} Alhambra Hospital
- Residential Treatment in home-like settings
- Partial Hospitalization and Intensive Outpatient Programs
- Residential Treatment in safe, intimate home-like settings



Located in Southern California



TO LEARN MORE ABOUT REASONS

CALL
844.573.2766

EXPLORE
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Eating Disorder
Reference Guide for Providers

WHAT ARE EATING DISORDERS?

Eating disorders are serious and potentially fatal psychiatric illnesses. They have wide-ranging and pervasive effects on psychological and physiologic functioning. Eating disorders have the highest mortality rate of any psychiatric illness and are among the most common chronic illnesses among adolescents and young adults.

Feeding and Eating Disorders include Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, Avoidant Restrictive Food Intake Disorder (ARFID), and Other Specified Feeding and Eating Disorders (OSFED). Individuals suffering from an eating disorder often do so in silence, secrecy, and shame. They affect at least 30 million people in the United States of all ages, genders, gender identities, sexual orientations, ethnic groups and communities.

EARLY INTERVENTION

Even greater numbers of people show early signs of the development of a serious eating disorder, and will often present to a wide range of medical professionals with signs and symptoms that may be easily missed. Given the importance of **early identification** of eating disorders on prognosis and outcome, medical professionals are in key positions to recognize and intervene with those who might be struggling.

WHAT WE OFFER

- Complimentary Assessments and Clinical Consultations
- Ability to work with most major insurance providers
- Specialized Programming
- Caring and compassionate multi-disciplinary team

WARNING SIGNS

For all potential eating disorders, look out for:

- Chronic dieting behaviors and weight changes
- Excessive or compulsive exercise
- Marked anxiety and preoccupation with food, weight, and body shape
- Reports of eating alone due to shame or embarrassment
- Light-headedness, dizziness or fainting
- Bradycardia and/or orthostasis
- Chronic and/or unexplained gastro-intestinal issues

COMMON MEDICAL COMPLICATIONS

ANOREXIA NERVOSA

- Significant weight loss or change
- Emaciated or cachectic appearance
- Pale, yellowish, or ashen skin appearance
- Hair loss or lanugo hair
- Bluish discoloration of the extremities (acrocyanosis)
- Hypothermia or cold intolerance

BULIMIA NERVOSA

- Evidence of self-induced vomiting or laxative abuse
- Recurrent bingeing behavior
- Electrolyte abnormalities
- Swelling of parotid glands
- Erosion of dental enamel
- Skin ulceration on fingers

BINGE EATING DISORDER

- Weight Fluctuation
- Sleep Apnea
- PCOS
- Joint Pain
- Hypertension
- Recurrent bingeing behavior

MEDICAL PROFESSIONALS

HOW YOU CAN HELP

In addition to screening for potential eating disorders and paying attention to warning signs, one of the most important things medical professionals can do is look at how you talk about weight and food. Rather than focusing on weight per se, it can be enormously beneficial for your patients who may be at risk or may be struggling with potential eating disorders to hear more balanced messages about health, wellness, and, nutrition which include psychological as well as physiologic functioning and well-being.

Understanding When to Refer Patients

Early intervention and treatment is essential and increases the person's chance of making a full recovery. If you know of a patient who is showing any of the warning signs and you suspect may be struggling with an eating disorder, an assessment is a good place to start.

Help is available. Reasons Eating Disorder Center offers a complimentary assessment.

Call us at 844.573.2766 to discuss setting up an assessment

RESOURCES

- The Academy for Eating Disorders, Guide to Medical Management www.aedweb.org/index.php/education/eating-disorder-information/eating-disorder-information-13
- The National Eating Disorders Association nationaleatingdisorders.org