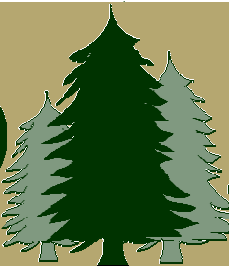


The **CEDAR**  **R** *Review*
 Associates

Eating disorders, general psychotherapy, medication management, nutrition and recovery

OFFICES:

67 South Bedford Road • Route 172
Mt. Kisco, NY 10549
Phone: 914-244-1904

1075 Central Park Ave • Suite 412
Scarsdale, NY 10583
Phone: 914-472-4019

INTERNET:

<http://www.cedarassociates.com>

Email: newsletter@cedarassociates.com

© Copyright 2006, CEDAR Associates

SAVE THE DATE

The Eating Disorder Foundation, Inc.
2008 Clinical Conference
Sponsored by CEDAR Associates

[*Etiologies of Eating Disorders
A Deeper Understanding of
Cause & Treatment:*](#)

[*What Works and for Whom*](#)

Friday, September 19, 2008

8:00 AM – 4:00 PM

C.V. Rich Mansion

The Women's Club of White Plains
305 Ridgeway
(off Mamaroneck Ave)
White Plains, NY



The 18th Annual Renfrew Center Foundation Conference For Professionals

Feminist Perspectives and Beyond: The Power of Therapeutic Relationships in the Treatment of Eating Disorders

November 13-16, 2008
Philadelphia Airport Marriott
Philadelphia, PA

For more information, please visit our websites:

<http://www.renfrew.org/news-events/event.asp?id=108> or <http://www.renfrewcenter.com/news-events/event.asp?id=108>

News & Announcements:

Judy Scheel will be presenting at Four Winds Hospital Conference Center Katonah, NY on Friday, May 2, 2008 from 9:30 am - 11 am
Title of presentation: **Eating Disorders and Co-Morbidity**

Groups at CEDAR:

FREE MONTHLY SUPPORT GROUP FOR

family members, friends and partners of eating disorder sufferers

Next Meeting: May 17, 2008

[Support Group Info & Meeting Dates](#)

Quote of the Month:

“Laughter is by definition healthy”

Doris Lessing

The Arc of Eating Disorders: Co-Morbid Diagnoses Contained Within

By: Judy Scheel, Ph.D., LCSW

Eating disorders (Anorexia Nervosa, Bulimia, Binge Eating Disorder) are considered “umbrella disorders.” Typically, an eating disorder is part of a larger diagnostic picture. There is almost always a co-morbid diagnosis—depression, anxiety or personality disorder in addition to familial issues and interpersonal conflicts. Sexual or physical trauma, Obsessive Compulsive Disorder or substance use can also accompany an eating disorder. Sometimes the eating disorder is the primary diagnosis; sometimes it is secondary or the consequence of another primary diagnosis like depression. The co-morbid diagnosis likely existed prior to the onset of the eating disorder, though may remain latent until the eating disorder emerges. However, co-morbidity can occur as an outgrowth of the eating disorder and can show improvement with reduction in eating disorder symptoms like weight restoration. Because eating disorders are intertwined within the greater constellation of psychological and psychiatric issues eating disorders cannot or should not be treated as separate and apart from other mental health issues.

- The most common secondary Axis I (mood disorder) diagnosis with eating disorders is Depression
- Higher rates of Dysthymia among adolescents than other co-morbid diagnoses

- Frequency of Personality Disorders (enduring patterns of maladaptive behaviors & personality traits i.e. Borderline Personality Disorder) varies from 27%-77% in eating disorder population
- Personality disorders typically precede the development of an eating disorder
- Mood Disorders with eating disorders remit more frequently than personality disorders with eating disorders
- Anxiety states more pervasive and unremitting – lower recovery rates
- Males with Bulimia at higher risk for mood and substance use disorders
- Males with Anorexia Nervosa at higher risk for Schizophrenia
- Obsessive Compulsive Disorder pre-dates eating disorder & ED develops at a younger age
- Eating disorders and substance abuse disorders associated with the highest mortality risk across all mental disorders
- Greater prevalence of sexual abuse with Bulimia and alcohol abuse
Greater risk for other self-destructive acts like cutting among individuals with substance abuse disorders and eating disorder

Please click [here](#) to read more of this letter from Judy on our web site.