



# The CEDAR 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](mailto:newsletter@cedarassociates.com)

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**Happy Holidays**  
**from the Staff at CEDAR**

**Groups to Help**  
**this Holiday & Beyond:**

12 week Group for  
Bulimia Recovery

Adolescent Group for  
All Eating Disorders

Family, Friend & Spouse  
Support Group

General Eating Disorder  
Support Group

**Please call (914) 244-1904**

**Press #1**

**News & Announcements:**

**[CEDAR to Sponsor](#)**  
**[2nd EDF Conference](#)**

*Etiologies of Eating Disorders:  
A Deeper Understanding*

**Groups at CEDAR:**

**FREE MONTHLY SUPPORT GROUP  
FOR**

family members, friends and  
partners of eating disorder sufferers

**Next Meeting: Jan 2008**

**[Support Group Info & Meeting Dates](#)**

**Quote of the Month:**

“Building better bones  
helps build a better you” -  
cp

## Osteoporosis and Eating Disorders

By: Stacey B. Schulman, MS, RD, CDN  
Registered Dietitian

What is Osteoporosis?

Osteoporosis is the weakening of bone tissue caused by a lack of mineral content that makes a person more susceptible to fractures. Although often seen as a disease among elderly woman, osteoporosis affects young woman and men with eating disorders due to the malnutrition and hormonal problems that accompany the disorder. Osteoporosis is often described as a disease that develops in childhood and presents itself in adulthood. Bone mineral mass production increases during childhood and adolescence. The peak bone mass is reached by age 15; however, a small amount is produced until age 30, after which we begin losing our bone mass. Due to the disease process, nutritionists are faced with a greater challenge when working with a young client with an eating disorder as the chance of them reaching their peak bone mass is diminished. To further complicate matters, bone loss can be accelerated at any age by excessive exercise or weight loss.

Deficiency in calcium is often associated with osteoporosis. If the diet is deficient in calcium, the calcium is stripped from the bone to fulfill the body's immediate needs. In addition, in order for the body to correctly process

calcium, adequate amounts of protein and calories are necessary. Vitamin D is needed to absorb the calcium—while we can make vitamin D from sunlight, most of us do not get adequate amounts. Vitamin D is a fat-soluble vitamin and therefore needs fat in the diet in order to be absorbed. Calcium, vitamin D, protein and calories are often inadequate in those with eating disorders.

There is a dynamic balance between bone formation and bone resorption, but when there is inadequate nutrition and hormonal fluctuations this balance can be upset. Low body weight in females causes the body to stop producing estrogen, which results in amenorrhea and significant loss in bone density. In males, the decrease in testosterone production can cause the loss of bone.

Diagnosing Osteoporosis

A blood test to assess estrogen or testosterone levels is an appropriate starting point for diagnosing osteoporosis, but it is insufficient in assessing how much bone has been lost.

X-ray tests are an objective measurement tool that can clearly assess bone loss.

Please click [here](#) to read more on the web!