

The CEDAR Review

Associates

Eating disorders, general psychotherapy, nutrition, and recovery

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Upcoming Workshops or Events:

3/4/06:

[Eating Disorder Presentation](#)

3/28/06:

[Senior Student Presentation](#)

Groups at CEDaR:

FREE MONTHLY SUPPORT GROUP FOR

family members, friends and partners of eating disorder sufferers

Next Meeting: Sat, 3/18/06

[Support Group Info & Meeting Dates](#)

Reminders:

National Eating Disorder Awareness Week (NEDAW)

February 26-March 4, 2006

* Look for more information on our web site

@ www.cedarassociates.org



"The purpose of this week is to emphasize that body shape and size are strongly influenced by biological factors – such as genetics, while also calling attention to some of the new discoveries surrounding the role of genetics in the development of eating disorders " - National Eating Disorder Association, www.nationaleatingdisorders.org

Local events: Date: Saturday, March 4, 2006, 12:30-1:30pm PLACE: Barnes & Noble, Hartsdale, New York

Eating Disorders: Public Policy, Research, Education & Prevention

Town Hall Meeting

The purpose of the Town Hall Meeting is to raise awareness about the clinical/research and insurance & financial issues regarding eating disorder treatment, the need for education, training and prevention, and the current political efforts addressing these issues.

Coming this Spring!

Date & Details in our next Newsletter & at www.cedarassociates.org

Sponsored by:

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What Parents Need To Know About Eating Disorders

By: Kristin Lore, LCSW
Laura Cipullo, RD, CDE

It is frightening to think that your child may be suffering from an eating disorder. However, it is vital for parents to be informed about these disorders including the signs/behaviors and the potential medical/nutritional consequences, so that your child can get the help that s/he may need. Eating disorders include a spectrum of diagnoses such as anorexia nervosa, bulimia nervosa, binge eating disorder and compulsive overeating. For the purposes of this article we will focus on anorexia nervosa and bulimia nervosa with some discussion on binge eating disorder and com-

pulsive overeating.

Anorexia, bulimia and binge/compulsive eating are complex emotional disorders that manifest themselves in behavioral patterns with food. They most often develop in adolescence and early adulthood but can develop prior to the onset of puberty or in later adulthood. Anorexia is self-starvation and is characterized by an obsession with food, weight and thinness. The major symptoms and warning signs include: preoccupation with food and dieting; excessive weight loss; moodiness; social withdrawal; sleep difficulties; distorted body image; hyperactivity; extreme self-control and rigidity; eating rituals; sensitivity to cold tem-

peratures; wearing bulky clothing.

Bulimia is eating or bingeing followed by purging the food through vomiting, laxative abuse and/or excessive exercise. The major symptoms and warning signs include: excessive concern about weight and food; frequent trips to the bathroom, especially after meals; moodiness; increased or excessive sleeping; increased or excessive exercising (greater than 1 hour per day everyday); secretive eating; eating in a fast, chaotic manner; and a puffy, bloated appearance.

To read more of this article, click on this [link](#).