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Count **WHAT MATTERS!**

Eating Disorders Awareness Week 2012

So often, we get caught up in numbers. “How many cookies in a serving?” “I refuse to buy a bigger size!” “If I just lose five pounds.” We constantly obsess over sizes, calories, and pounds. But this year, for Eating Disorders Awareness Week, ANAD is challenging everyone to “Count What Matters.”

From Sunday, February 26 to Saturday, March 3, ANAD is challenging **YOU** to start counting what truly matters.

Try counting the number of times you’ve walked, run, or cycled. How about counting the number of hugs and kisses from your children? Try counting the new foods you’ve eaten, yet can’t pronounce. Try counting the classes you’ve taken and passed. Better yet, try counting the number of volunteer hours you’ve logged helping others. Try counting the new friends you’ve made, or the number of old friends you’ve kept over the years. How about counting the number of words you understand in another language? It’s time we stopped counting the ways in which we think we don’t add up. It’s time we stopped counting the flaws and faults we think we see. **It’s time to start counting our blessings, our assets, our bests.**

Life is really about attitude and choice, and the fantastic thing is that you are in control of both of those. Choose to improve your attitude and look for the good and beautiful things in your life. Choose to be involved with activities that build you up, benefit others, and make your days a rewarding experience. Start looking for ways to do what you can with what you have, by pouring your energy into things that really matter!

The simple point is to count the ways in which you become better. Count the ways in which you make a difference in yourself and others around

Cont. on page 3

ANAD President, Patricia Santucci, M.D. Receives Lifetime Achievement Award

On Friday, November 18, Sierra Tucson honored ANAD Board President, Patricia Santucci, M.D., at the annual “Gratitude for Giving” Breakfast, in Chicago, Illinois for her contributions to the ED community.

For over forty years, Dr. Santucci has epitomized selflessness while embodying persistence. As a young psychiatrist in the 1970s, her number one priority became treating eating disorders.

Dr. Santucci went on to become the Medical Director of Linden Oaks Hospital in Naperville, IL, and continued to establish their eating disorders program. Santucci’s commitment to eating disorders has had a large effect on countless numbers of clinicians in the eating disorder community as she is the one responsible for training so many of them.

After directing numerous eating disorder hospital programs, she wanted eating disorders awareness to reach the nation. She has devoted her efforts to education, awareness and prevention, as ANAD President.

On behalf of ANAD, she has appeared on national television shows and testified before Congress to express the dangers of eating disorders and expand research and treatment for all affected.

As Associate Professor of Psychiatry at Loyola University Stritch School of Medicine, Dr. Santucci brought her focus on clinical work into academia for



Dr. Santucci receives gratitude after receiving her award.

over 30 years. And, from 1993-2008, Dr. Santucci served as an eating disorder consultant to Florida Gulf Coast University.

Dr. Santucci, is the last person who would talk about her lifetime service to the community as she makes it her purpose to help professional, non-professionals, and those suffering in any way she can. Even though she has retired from her private practice, her lifetime of service continues and she shows no signs of resting. In the past few years she has traveled to Romania and Cape Town, South Africa on mission trips, serving as a team physician.

ANAD is proud to have Dr. Santucci as our President. Her dedication, leadership, and passion to help those with eating disorders is truly to be commended. Congratulations Dr. Pat!

America The Beautiful 2: The Thin Commandments

AN EVENT TO BENEFIT ANAD

Sponsored by Linden Oaks Hospital & Rogers Memorial Hospital

As a part of Eating Disorders Awareness Week, writer and director Darryl Roberts will host a screening of *America the Beautiful 2: The Thin Commandments* on Thursday, March 1, 2012 at Tivoli Theatre, Downers Grove, IL.

For more information about this event, please call the office at 630.577.1330 or visit www.anad.org.

how do you find **HOPE** when you feel **hopeless?**

Having a sense of belonging is innately human. But often times, individuals struggling with an eating disorder will isolate themselves and become disconnected from friends, family and the community because they forget that they can find strength and hope from those around them. Sometimes the hope we gain is accidental. Sometimes, just knowing that we are not alone provides us the strength to go on and fight the day to day challenges.

So many times, when we think of eating disorders, we think of the struggle and feelings of hopelessness as we fight day after day to help ourselves or someone we know to recover. But, as we know, recovery is possible! And stories of recovery are pieces of hope that we can hold on to when times get tough.

As I was getting ready to meet with parents of children who struggle with eating dis-

orders, the first parent arrived a bit early, which gave us time to talk. Within a matter of minutes, I found myself listening to a beautiful story of recovery as this hopeful mother shared her daughter's accomplishment of finishing college and going on to medical school, and it truly inspired me.

Later that evening, a hopeless mother began to cry as she shared stories of pain and exhaustion about her daughter's day to day struggle with her ED. When I saw that this mother had lost all hope, I asked the mother who had so much hope to share what she had told me before the meeting began.

As this proud mother shared about her daughter's recovery and life after her ED, the broken mother, who had been living day to day, immediately was able to see hope in a future for her child.

The story of recovery gave this broken parent a new-found

energy to continue fighting for and with her daughter.

What we need to realize is that by opening up, sometimes our words and actions can provide support, help, and hope in an accidentally beautiful way.

So what about you? Are you ready to look for positive inspiration, to pay it forward and give hope to others around the holidays?

If you have hope to give—give it! If you find yourself hopeless—ask for help! Connect with someone who can inspire hope!

Connect on ANAD's Facebook page to find support and inspiration, or join and give hope and inspiration. Or become a "Resource Person" and make yourself available to someone in need.

Attend an ANAD support group, or go to the ANAD online fo-

rum and (anonymously) share your story of recovery, or read others' stories of recovery. Become a member of ANAD and belong to our community. Sometimes hope is right around the corner in an unexpected person or place, or just a key-stroke away. There is power in giving back and staying connected within your community.

Peace, Joy & Hope.



Laura Discipio
ANAD Executive Director



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Holiday Eating: The Good, the Bad, the Scary!



By Tracey L. Cornella-Carlson, MD

“Dr. CC” is the Medical Director of Child and Adolescent Eating Disorder Services at Rogers Memorial Hospital. Located in Wisconsin, Rogers is a comprehensive psychiatric hospital nationally recognized for specialty mental health treatment.

“I’M SO SCARED FOR THE HOLIDAYS!” As a Child and Adolescent Psychiatrist specializing in treating people with eating disorders, I’ll never forget the first time I heard those words. I was certain something much more terrifying was going to happen than eating a meal. Nevertheless, in a world of “good” food versus “bad” food, “healthy” versus “unhealthy,” the focus does tend to become the food and not the family and friends at the holidays. Anxiety surrounding baking cookies or drinking regular hot chocolate (with marshmallows!), along with fear of getting too much candy in the stocking from Santa, truly sadden me and make me think what a tragedy it is that many of these supposedly grand, childhood memories and customs have been stolen by eating disorders. How can we return the emphasis to connecting to others and obtaining satisfaction via human relationships during these special times instead of emphasizing relationships with food? I would propose that we encourage loved ones with (and without!) an eating disorder to feed the mind and spirit first, and the body will fall in sync.

In terms of mind--strive for flexibility and try to be reasonable about expectations during holidays. Be pleased with the accomplishment of SOME of the “to do” list. Be gentle with yourself and focus on what you were able to do in a day, and not on what you didn’t do. Learn to appreciate yourself. Be flexible in what you eat during the holidays and how you think about this. Avoid extremes, no famine before or after the feast. In other words, don’t skip meals in preparation for a holiday and don’t under-eat the

day following a holiday if you believe you have eaten more than usual. (Thank goodness we do still call that NORMAL eating, after all!) Take a break from rigidity and self-inflicted criticism. Set post-holiday, non-food related goals. *Get excited!* Dare to ignore those commercials regarding losing “the holiday pounds.” There

you enjoy doing most during the holidays and make time for those things. Be selfish and set limits. Give yourself the gift of time. Realize that stress is often created by the time you devote to making others happy. Challenge yourself to let some things go. Accept the things or family situations you cannot change--everyone has them. Pull out your personal list of coping skills! Be grateful. Pay attention to lessons to be learned from people of all ages--the two-year-old who knows how to say “NO,” and the teenager who is wise enough to *value time with friends.*

In terms of body--“listen” to your body and remember how “easy” and natural eating was as a child. You ate when you were hungry, and you stopped when you were full. *Trust your body and yourself.* There do not have to be “good” foods and “bad” foods. Attempt to erase that concept of calories from your mind and remind yourself that your body does know what to do with that food. Too much emphasis on trying to make “healthy” choices at holiday meals can actually add stress. Some people have grown up with fallacies such as “if something tastes really good, then it is really bad for you.”

We really need to keep in mind a couple things when heading into this holiday season 1) **It’s okay to celebrate the holidays with food.** Don’t be afraid to treat yourself to your holiday favorites, things that you can only have when your grandmother is in, or flavors that are seasonal. 2) **You CAN enjoy your favorites as long as they are eaten in moderation.** So, just like Mid-western weather--the “good” and the “bad” will surely change, but for now, enjoy this season!

**A Matter of
REASON,
NOT SEASON!**

MIND	<ul style="list-style-type: none"> • Be flexible • Avoid extremes
SPIRIT	<ul style="list-style-type: none"> • Prioritize • Set Limits • Accept what you can't change. • Pay attention
BODY	<ul style="list-style-type: none"> • Listen to your body • Trust your body • Get rid of preconceived

really is no law that says everyone gains weight over the holidays or that people should be dissatisfied with their bodies if they have developed different, temporary eating patterns while attending holiday parties, having company, etc.

In terms of spirit--prioritize and decide what

Count What Matters! --Cont. from page 1--

you.

In addition to a week of interactive and introspective activities, ANAD is challenging participants to think outside of themselves by collecting loose change to donate to ANAD to

help support those who are affected by eating disorders.

This fundraiser is a great way to get your friends, family, book club, or place of employment to support ANAD and eating disorders awareness.

Information regarding the “Make Your Change Count” fundraising challenge and the list of our Eating Disorders Awareness Week activities can be found on our website > Get Help > Eating Disorder Awareness Week 2012.

Binge Eating Disorder: The Most Common Eating Disorder

Although over-eating around the holidays and on special occasions has become a “normalized” part of American behavior, for those with binge eating disorder (BED) their relationship with food becomes a way to escape, calm, or disassociate one’s self from unpleasant situations or feelings.

According to the Binge Eating Disorder Association (BEDA), BED is more common than anorexia nervosa (AN) or bulimia nervosa (BN). BED occurs in 1 in 35 adults in the U.S. This translates in studies to 3-5% of women (about 5 million) and 2 % of men (3 million) who seek treatment.

BED is a distinct set of behaviors, often built to protect and serve as a coping mechanism for the individual. The disorder is characterized by eating a large amount of food in a short amount of time, usually in isolation, and with high levels of distress, shame, and guilt about the bingeing. The disorder is not only rooted in genetics, but is also combined with environmental influences. Those affected use food to deal with stress, low self-esteem, interpersonal issues, weight stigma and bullying, and often co-occurring and untreated psychological disorders like depression, anxiety, bipolar, etc.

Bingeing often becomes an everyday occurrence, and holidays can be especially tough as the person navigates their anxiety around the meals, increased interpersonal situations, and the incessant “diet talk” that accompanies the bounty of food -- all of which can be triggers.

BED will soon join the ranks with AN and BN and be recognized as a separate and distinct eating disorder with the pub-

lication of the DSM-V in 2013. Chevese Turner, Founder and Chief Executive Officer of BEDA explains that, “Often people believe BED is a matter of managing weight – if the individual resolves the weight issue or obesity, the eating disorder will dissipate. Nothing could be further from the truth and we do a huge disservice to those with BED when we conceptualize the weight as the primary problem –it is

“When losing weight becomes the sole focus, recovery cannot be sustained because the core issues are not being addressed.”

an eating disorder and should be treated as such.” When losing weight becomes the sole focus, recovery cannot be sustained because the core issues are not being addressed. The fuel for the behaviors must be met with tools that can serve as an alternative to bingeing so that the individual can live a healthy, happy, and productive life.

It is important that treatment providers are able to understand the nuances and best practices for this disorder: “We need to get the treatment community up-to-speed with the evidence-based and clinically accepted treatments that have emerged over the past several years,” says Turner. “It is critical that we are prepared for the individuals and families who are going to seek treatment as the general public becomes more informed about the disorder as a result of the DSM-V recognition.”

Common warning signs that a loved one

may have BED are the following: 1) Does the person eat relatively normal sized meals when with others, but stashes food and eats alone even when not hungry? 2) Is there evidence of wrappers or food in bedrooms, cars, etc and is food missing on a regular basis? 3) Is the individual always on a new diet and seems distressed or withdrawn? If you see one or more of these warning signs, Turner suggests that you should express your concerns without blame or guilt and ask the individual to think about the possibility of consulting their doctor, counselor, or nutritionist. Although it is important to express your concern, if you are unsure or worried, it is probably best to seek advice from a professional.



Binge Eating Disorder Association’s 2012 National Conference *Revolution Ahead: Illuminating the Path to Freedom from BED, Emotional Overeating, & Weight Stigma*. This is the third annual conference exploring the issues surrounding BED and its treatment.

Because BED is the most common eating disorder, affecting more people than anorexia and bulimia combined, and because it has gone virtually unrecognized for many years, BEDA is excited to bring together researchers, treatment professionals, individuals with BED, and their friends and families to help further understanding and treatment of the problem.

For more information visit
www.bedaonline.com/

"I'M JUST TOO FAT"

Self-esteem should not be measured on a bathroom scale. To someone struggling with an eating disorder, reality becomes stretched.

She sees herself as overweight even as she risks wasting away. An eating disorder is a control issue that has become an obsession. It is a serious medical illness that can produce life-threatening complications.



Alexian Brothers Behavioral Health Hospital provides effective treatment strategies to help eating disorder patients overcome obsession and regain health.

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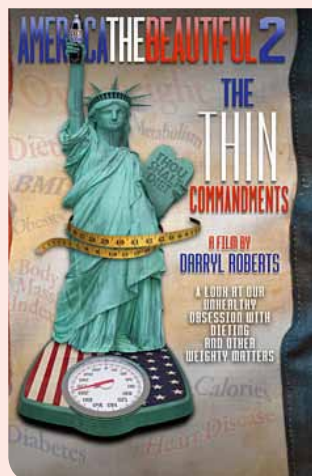
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MOVIE REVIEW

AMERICA THE BEAUTIFUL 2: *The Thin Commandments*

by Maria Rago, PhD



After the impact the first *America the Beautiful* movie had (empowering us to love our bodies and stop hurting ourselves in the name of being beautiful), I was excited to see what Darryl Roberts' sequel would bring to audiences. In *America the Beautiful 2: The Thin Commandments*, Roberts again takes the concepts of body image, eating disorders, beauty and dieting, and turns them into a thoroughly entertaining documentary.

Although Roberts makes it perfectly clear that the effects of focusing on weight are absolutely serious and life threatening, he allows us to laugh at our cultural ideals in a healthy way, while exposing the truth: that moderate eating and exercise are the real keys to good health.

Roberts also shows his audience that the widely used BMI statistics are not valid. BMI designations have caused people to feel ashamed of their bodies, and even to develop eating disorders by trying to lower their BMI. Roberts presents evidence that BMI is so flawed that it should not even be used, especially with children in schools.

This documentary is a great reminder that we truly need to be discerning of the ideals that are appropriated to us. We cannot all look the same. The film also challenges us to know the truth about our health, by recognizing that wellness, not weight should always be the goal. When our goal is to solely lose weight, that is when we begin to compromise our health and buy into false ideals.



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ANAD Establishes the Medical and Scientific Advisory Board.

The purpose of the advisory board is to review research, evaluate trends and address emerging issues in the treatment of eating disorders. The opinions and recommendations of the board will be made available to professionals and families in the eating disorder community via the ANAD website.

Medical and Scientific Advisory Board Members

Patricia Santucci MD

ANAD Board President

Denise Styer, PsyD

Alexian Brothers Behavioral Health Hospital Systems

Susan McClanahan, PhD

Insight Psychological Services

Steven M Prinz, MD

Linden Oaks at Edward

Nomi J. Fredrick, MD

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Maria Rago, PhD

Rago and Associates

Ted Weltzin, MD

Rogers Memorial Hospital

Kimberly Dennis, MD

Timberline Knolls Residential

Tonmoy Sharma, MD

Sovereign Health of California

Eating Disorders Lobby Day Illustrates Importance of Washington Advocacy.

Participation in the Eating Disorders Coalition's (EDC) twice-yearly lobby day is an important tool in advocating ANAD's message to lawmakers and staff, and also in achieving demonstrable results. Following the October 2011 lobby day -- at which ANAD was represented by Karen Sealander, Elizabeth Isbey Isbey and Marissa McKeever of McDermott Will & Emery LLP -- the Federal Response

Act gained several valuable cosponsors from both the House of Representatives and the Senate. Additionally, ANAD's Laura Discipio recently visited Capitol Hill in November 2011. Her time on the Hill proved to be very beneficial, as she was able to discuss critical issues of importance to ANAD directly with Congresswoman Judy Biggert (R-IL), who represents Illinois' 13th congressional district, (ANAD's headquarters).



Insurance Coverage of Mental Health Conditions.

On October 21, 2011, ANAD joined the American Psychological Association, the National Association of Social Workers, and others in joint comments on a proposed rule establishing summaries of benefits and coverage under the health reform law enacted last year. ANAD and the other organizations, virtually all of whom belong to the Mental Health Liaison Group, advocated that the proposed definition of "medical necessity" be amended to ensure that coverage is not jeopardized for people with disabilities, including those with mental or substance use disorders. As currently proposed, the definition of medical necessity ties coverage to "illnesses" and "injuries" but not to physical and mental health conditions that may arise from causes unrelated to either an illness or injury.

As such, the proposed definition would undermine the non-discrimination provisions of the health reform law by permitting insurers to exclude as not "medically

necessary" otherwise covered treatments and services, the need for which arises from a **condition** rather than an illness or injury. The letter proposed that the definition of medically necessary be amended to add the word "condition" and replace "medicine" with "**clinical practice**" as follows: "...*illness, injury, disease, condition or its symptoms and that meet accepted standards of clinical practice.*" ANAD will continue to look for opportunities to promote access to and coverage of efficacious care for those with eating disorders.

Carolyn Costin Reception.

ANAD hosted author, survivor, and therapist Carolyn Costin for an interactive book discussion about her newly released: *8 Keys to Recovery from an Eating Disorder*. The evening was an inspiration for those in recovery as well as others sustaining wellness. Book sales benefitted ANAD. Thanks Carolyn!



"Be Beautiful, Be You!" Walk-a-thon.

Thank you to ANAD of Baltimore and EDN of Maryland for all their hard work and donation of \$800 and \$635.95 from ANAD King of Prussia!

Please send inquiries, comments, or submissions to the editor, Rosanna Catapano, at newsletter@anad.org.

Dear Friends,

It's hard to ask for help. At ANAD, help, hope and healing are the heartbeat of our mission! Asking for help isn't a sign of weakness, rather an act of courage! And, at this time, ANAD must ask for YOUR help.

ANAD's services are needed more than ever before. Our website traffic has increased by 2,000 percent in 2011! 5,000 people are members of our *Facebook* community, and thousands share on the ANAD online forum. These numbers are evidence that America's heartbreaking eating disorder *epidemic continues*. Unfortunately the continuing stress of our fragile economy is directly decreasing the personal donations. As a result, ANAD has a shortfall of \$52,000 for the 2011 budget.

How does your help give hope? A gift of \$30 maintains your membership. A gift of \$50 sponsors a classroom presentation. Contributions of \$100, \$250 or \$500 will allow ANAD to continue our services that support, educate or connect those who are affected by eating disorders.

**We need your donation to continue our life changing, life saving programs.
Please send your 2011 tax-deductible gift in the envelope provided.**

*Sending warm wishes of peace and good health to you and yours in 2012.
Our sincerest gratitude for your donation during this season of giving!*

Sincerely,

**Patricia Santucci, MD, FAED, FAPA
President**



Are you ready to take control?

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Arabella House

Nestled in the heart of Naperville, Illinois, Arabella House offers residential care for female adolescents and adults ages 16 and older who are recovering from an eating disorder and need assistance shifting back into their daily lives.

Visit www.edward.org/eatingdisorders for more information about Arabella House and the comprehensive eating disorder program offered at Linden Oaks at Edward.



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ANAD Winter 2011

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