



Park Nicollet

FOR IMMEDIATE RELEASE

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SCHOOL SPORTS AND EATING DISORDERS *Park Nicollet program focuses on the unique needs of athletes with eating disorders*

ST. LOUIS PARK, Minn., (August 21, 2007) – According to studies by the NCAA, at least one-third of Division I female athletes have some type of eating disorder. “Athletes can sometimes develop eating disorders because they get wrapped up in the idea that thin means better, faster,” says Lois Neaton, lead physical therapist at Park Nicollet Eating Disorders Institute. And research shows at least 10% of eating disorders patients are men, including many involved in athletics. Athletes at all levels can suffer. High school and college athletes need to balance academics, competition, and practice—adding pressure to their schedules and social lives. As students gear up for fall sports, experts from the Eating Disorders Institute have advice on how to spot an eating disorder and the best ways for athletes and their families to seek help.

Warning signs of an eating disorder can include extreme weight loss, obsessive exercising, intense fear of being “fat,” eating large amounts of food and purging, and using laxatives.

To arrange an interview with Lois Neaton or one of the team members at the Eating Disorders Institute, contact Steve McCarthy at 952-993-6726 or 952-231-5029 (pager)

The Eating Disorders Institute (EDI) serves as a center of excellence for primary prevention, early intervention, education and research in the treatment of eating disorders, such as anorexia and bulimia. A unique multidisciplinary team comprised of medical doctors, psychologists, psychiatrists, dietitians and others supports patients as they work toward recovery. The EDI provides a full continuum of care through inpatient, partial, intensive outpatient and outpatient programs. The EDI inpatient treatment program offers intensive 24-hour medical care on a floor exclusively designed for patients with eating disorders. The Eating Disorders Institute is located at Methodist Hospital.

Park Nicollet Methodist Hospital is a 426-bed facility with more than 3,700 employees and 1,000 physicians on its medical staff. Park Nicollet Methodist Hospital is recognized as an area leader in cancer care, cardiovascular services, maternity care and neuro-rehabilitation medicine. Located in St. Louis Park, Methodist Hospital is part of Park Nicollet Health Services, an integrated care system that includes Park Nicollet Clinic, Park Nicollet Foundation and Park Nicollet Institute.