

WHAT YOU NEED TO KNOW ABOUT EATING DISORDERS

Eating disorders are complex, and it's not always obvious who might be struggling. As a medical professional, you play an important role in identifying signs and symptoms of eating disorders in your patients, and connecting them with experts who can help.

While eating disorders can vary greatly from person to person, there are five general categories into which the majority of patients we treat can be grouped:

ANOREXIA NERVOSA

Characterized by self-starvation, excessive weight loss, intense fear of gaining weight, and body image disturbance; patients are considered to suffer from anorexia when they refuse to maintain a body weight at or above 85 percent of their ideal body weight. Physical signs can include: hair loss, dry skin and brittle nails, fine hair growth on body and face, reduced body temperature, dizziness, amenorrhea in women, low testosterone in men, slowed heart rate, low blood pressure and muscular weakness.

BULIMIA NERVOSA

Characterized by cyclical tendencies to binge eat and then purge; purging is typically done by means of vomiting or laxatives, though it can also be achieved by excessive fasting or exercise. Physical signs can include: weight fluctuation, swollen glands along the jaw and cheeks, puffiness around the face, burst blood vessels in eyes, dry skin and brittle hair, tooth decay and gum disease, abdominal pain and constipation, headaches and fatigue, irregular menstrual cycle and dehydration.

BINGE-EATING DISORDER

Characterized by frequent episodes of eating abnormally large amounts of food, where the patient feels as if they cannot stop or control themselves, followed by feelings of guilt and self-loathing. Physical signs can include: normal weight or overweight, may frequently lose and regain weight due to yo-yo dieting.

OTHER SPECIFIED FEEDING AND EATING DISORDER

Characterized by many of the same patterns of anorexia nervosa, bulimia nervosa and/or binge-eating disorder, but does not fit the diagnostic criteria for other eating disorders. Physical signs can include: normal weight, overweight, underweight or obese; may display signs from several other categories.

AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER

Characterized by a clinically significant struggle with eating (extreme "picky eating") due to sensory issues, lack of interest in food or concern of negative consequences of eating, but without body image disturbance. Physical signs can include: low body weight, normal weight or overweight, vitamin deficiencies and other physical signs of malnutrition.

MELROSE HEALS EATING DISORDERS

SCOFF EATING DISORDERS ASSESSMENT TOOL

If your patient answers “yes” to two or more of the following questions, he or she may be at risk for an eating disorder and needs further assessment:

- Do you make yourself sick because you feel uncomfortably full?
- Do you worry you have lost control over how much you eat?
- Have you recently lost more than 15 pounds in a three-month period?
- Do you believe yourself to be fat when others say you are too thin?
- Would you say that food dominates your life?

OUR APPROACH TO HEALING

At Melrose Center, patients receive psychological, nutritional, medical and behavioral care designed to empower them toward a full recovery. Our multi-disciplinary approach uses a patient- and family-centered treatment model. With outpatient treatment, intensive outpatient treatment and partial hospitalization programs, plus inpatient and residential care options, Melrose Center helps patients re-enter life at a pace that feels right for them.

Experts from multiple specialties work side by side to share opinions, best practices and treatment recommendations when caring for patients with eating disorders. Care teams work closely with patients and their families to develop programs that are personalized, supportive and evidence-based. Care managers provide a single point of contact for families, patients and providers.

We treat males and females of all ages, and we also offer specialized programs for:

- People struggling with eating disorders and substance use disorder
- People with eating disorders and type 1 diabetes
- Young children and adolescents
- Eating disorders in athletes and compulsive exercisers

OUR FACILITY

Patients, families and eating disorder professionals were involved in the vision and design of Melrose Center, ensuring that it is a safe, comfortable place for healing. Our St. Louis Park location has 39 beds, ensuring access to much-needed inpatient and residential care. Comprehensive outpatient programs have patients coming for weekly clinic visits or up to 8 hours a day. The building also features a fitness center, chapel, healing garden, and a resource and conference center. Our satellite location in St. Paul offers initial assessments, outpatient care and some group programming. Our satellite location in Maple Grove offers initial assessments and some outpatient care, including binge-eating disorder group programming.

GETTING STARTED

If you suspect your patient is struggling with an eating disorder, the first step is to call our dedicated referral line. We'll answer your questions and can schedule your patient for an initial assessment – often the same week.

When you refer to Melrose Center, you can be confident we will partner closely with you, communicate openly and return patients to your care.

TO REFER A PATIENT TO MELROSE CENTER, CALL 952-993-5864.



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9600 Upland Lane N.
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3525 Monterey Drive
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ST. PAUL

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WOODBURY

8550 Hudson Blvd. N.
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