

HOW TO TALK TO YOUR PATIENT ABOUT EATING DISORDERS

Eating disorders can happen at any age, and can impact males and females of any weight or size. If you suspect an eating disorder in one of your patients, use this guide to start the conversation.

LOCATIONS

BURNSVILLE

675 Nicollet Blvd. E.
Suite 250
Burnsville, MN 55337

MAPLE GROVE

9600 Upland Lane N.
Suite 110
Maple Grove, MN 55369

ST. LOUIS PARK

3525 Monterey Drive
St. Louis Park, MN 55416

ST. PAUL

2550 University Ave. W.
Suite 216S
St. Paul, MN 55114

WOODBURY

8550 Hudson Blvd. N.
Lake Elmo, MN 55042

952-993-6200 or 1-800-862-7412
melroseheals.com



Melrose Center

1. SIGNS AND SYMPTOMS TO WATCH

- Significant changes in weight
- Unexpected growth chart changes
- Fatigue
- Stress fractures that won't heal
- Obesity
- Reflux or stomach complaints
- Chronic constipation
- Amenorrhea
- Dehydration
- Syncope
- Hypoglycemia
- Bradycardia
- Low heart rate

2. WHAT TO SAY

Sometimes it's hard to know what to say or how to approach patients with concerns about eating disorders. A relationship of trust is key to help patients move from the isolating feeling of an eating disorder to taking a first step. Build rapport with your patient and share your concerns. If your patient is resistant, it may take more than one conversation to encourage them to get help.

TRY USING THESE QUESTIONS:

“How do you feel about your eating?”

“How do you feel about your weight?”

“I'm concerned about your recent weight loss/weight gain, can we talk more about that?”

“How much time do you spend thinking or worrying about your eating/weight/shape/body?”

“Do you have a history of an eating disorder or disordered eating?”

“I see that you have a history of an eating disorder, can you tell me a little more about that? How are things going for you now?”

3. HOW TO REFER

If your patient answers any of these questions in a way that concerns you about their eating or a possible eating disorder, resources are available to you and your patient. Call the number below, or pass it along to your patient to call when they are ready.

We are here to support you in helping your patient in any way possible.

To refer a patient to Melrose Center:
952-993-5864 | refer2melrose.com