



1155 Louisiana Ave. Suite 210 • Winter Park, FL 32789
P: 407-719-6294 • F: 407-629-5585
www.bluehorized.com

ON THE HORIZON

SEPTEMBER - OCTOBER 2011

Welcome to the Blue Horizon Eating Disorder Services Newsletter! We will continue publishing this letter bi-monthly to keep our clients and colleagues up-to-date as to what is On the Horizon in our practice.

Note of Inspiration

*"Watch your thoughts, for they become words.
Choose your words, for they become actions.
Understand your actions, for they become habits.
Study your habits, for they will become your character.
Develop your character, for it becomes your destiny"*

unknown



UPCOMING EVENTS

Tuesday September 20, 2011 Family & Friends Workshop 7:00-8:30 p.m.
Tuesday October 11, 2011 Eating Disorders and Effects on the Body: Medical Complications
Tuesday October 18, 2011 Family & Friends Workshop 7:00-8:30p.m.

SPOTLIGHT

Blue Horizon would like to welcome Marnie Davis, MA, Registered Mental Health Counselor Intern to our practice. Marnie is working with the adult day group. She has experience working with eating disorder clients and has been a member of the Eating Disorder Network of Central Florida (EDNCF) since 2007. Marnie is currently serving on the board of EDNCF as the Training and Education Chair, and one of the Community Projects Chairs.

Fat Talk Free Week is October 16-22! Contact our office to find out how you can help change the conversation!

Blue Horizon would also like to welcome all those attending college in the Orlando area back for the fall term. We look forward to working with you all again!

THE CUTTING EDGE *College Students at Risk*

With classes back in session on college campuses, it is important to take a look at the current research and the challenges of eating disorders (ED) that face college students. Of 1,002 students polled on private and public campuses, nearly 20% believe they have suffered from an ED at some point. Of these, 75% reported never receiving treatment. 55.3% report knowing at least one person who has struggled with an ED. Only 37.8% felt their lives were NOT personally impacted by an ED. Common pressures believed by respondents to contribute to ED onset include:

- Cultural pressure to be thin (57.3%)
- Stress from family (40.3%) and life in general (46.2%)
- Personal choice (39%)
- Mental illness (35.4%)
- History of trauma (17.9%)
- Genetics (17.6%)

Additional environmental exposures increase the risk for body dissatisfaction and unhealthy responses. 96% of teens with an ED report having learned dieting and purging behavior from advertising or articles. Americans are exposed to 3,000 advertisements per day and just 3 minutes of viewing a fashion magazine causes 70% of women to feel depressed, guilty and shameful. In a study held at Indiana University of Pennsylvania, students without ED's were asked to view various websites. Those viewing pro-ED websites significantly reduced caloric intake for 3 weeks following exposure. Imagine the change in someone with previous eating issues viewing these sites for many hours!

The party atmosphere on many college campuses brings an additional dimension of risk. Drunkorexia is an emerging trend among those with bulimia nervosa, and to a smaller degree anorexia nervosa. In effort to lose weight, college women often get a significant portion of their calories from alcohol. They will also use hard liquor with diet beverages to avoid the higher-caloric content of beer. College students admitted to calculating how much they wanted to drink and deducting this from their daily caloric intake from food. In addition, excessive drinking often justifies purging behavior as the vomiting is blamed on the alcohol rather than the individual's refusal to accept the calories consumed. According to Dr. Johnson from the Eating Disorder Recovery Center in Denver, CO, substance abuse among ED patients is neither new nor uncommon. Johnson stated that about 25% of all ED patients met criteria for drug and alcohol abuse. Getting calories from alcohol rather than food may lead to nutrient deprivation, disrupted sleep cycles, inhibited building and restoration of muscle mass and irritation of the stomach lining. *Is the party worth it???*

TOWN HALL

The First Annual Medical Advisory Board meeting was Tuesday July 26, 2011. The board was thrilled to welcome another member, Dr. Louise Buhrmann, MD. As a psychiatrist serving the Eating Disorder population for many years, she will provide an invaluable level of expertise to Blue Horizon. Board members met and discussed policies and procedures currently in place at Blue Horizon and set goals for the upcoming year. On June 23, 2011 Blue Horizon's Clinical Director, Karen Beerbower, spoke at Valencia Community College on "Emerging Trends in Eating Disorders: College Students at Risk". We look forward to working with VCC in the future to promote eating disorder awareness.

Nutritional Guidance will be participating on a panel discussion of pediatric nutrition the evening of September 1, 2011 at Middleton Pediatrics. Please contact Nutritional Guidance for more information.

Blue Horizon will begin offering a support group in September. Stay tuned for details!

About Blue Horizon Eating Disorder Services

Blue Horizon is exclusively committed to the professional treatment of those suffering with eating disorders and moving them towards full recovery. Blue Horizon is dedicated to the treatment of patients with an Intensive Outpatient Program as well as case management services to coordinate care options. Professional in-service training and community workshops bring cutting edge research to caregivers of those suffering with the illness. Please visit bluehorizoned.com for more information or call (407) 719-6294.

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