

### Take an eating disorder seriously: Fast and furious action is necessary

- Long term medical complications: bone loss, loss of height, permanent brain damage
- Eating disorders carry the highest death rate of all psychiatric illness (only surpassed by opioid addiction)



### Anosognosia:

**A neurological condition in which the patient is unaware of their neurological deficit or psychiatric condition**

- **80%** of those with anorexia can not recognize that they are too thin
- This lack of insight into the severity of their illness is a defining feature of AN
- The lack of insight is **due to malnutrition** and **associated brain damage**

### Physical and mental health is key to the recovery process:

- Health: brain and body
  - Weight restoration
  - Adequate nourishment: calories, eating patterns, macronutrients and micronutrients
- Normalizing exercise and movement
- Re-establishing a healthy relationship with food
- Therapy (Emotion regulation and Cognitive distortions)
- Repairing and having healthy relationships with themselves and others



### Statistics:

- Highest relapse (recidivism) rate is with anorexia nervosa
- Risk for relapse: severity of disease, co-occurring conditions, length of illness

**60%** will recover fully  
(of all EDs combined)

**10%** or less will perish  
(suicide or medical complications)

**30%** can  
remain “stuck”

### How long will it take to recover?

- No less than 1 year and often **3-5 years+**
- What impacts length of treatment?
  - Other co-occurring conditions
  - Stopping treatment too early
  - Stopping treatment before being fully weight restored
- Not following step down:  
RTC—>PHP—>IOP—>OP recommendations

Full recovery happens  
in outpatient care, NOT  
in higher levels of care.



### Managing Expectations:

- **Expect** exhaustion, frustration, being overwhelmed, hopelessness, helplessness, anger and more
- **Don't expect** your loved one to “get over it.” Manage expectations through self care, support, coaching, or your own therapy
- **Expect** yourself to be a part of the recovery process, not a passive observer
- **Expect** that you'll have to **build knowledge and understanding**