



KANE COUNTY
MENTAL HEALTH COUNCIL

making a difference ...together



Message of the Month January 2016

www.kanecountymentalhealth.org

Twitter: @KCMentalHealth

Kane County Mental Health Council

- The Association for Individual Development
630-966-4000
- Aunt Martha's Youth Service Center
630-859-6562
- Delnor Community Hospital
630-208-3000
- Ecker Center for Mental Health Services
847-695-0484
- Family Counseling Service of Aurora
630-844-2662
- Family Service Association of Greater Elgin Area
847-695-3680
- Gateway Foundation/Aurora
630-966-7400
- Greater Elgin Family Care Center
847-608-1344
- INC Board
630-892-5456
- Kane County Health Department
630-208-3801
- League of Women Voters
630-365-2138
- National Alliance on Mental Illness, DeKalb, Kane-South, Kendall Counties, Inc.
630-896-6264
- National Alliance on Mental Illness Kane County North
847-410-9719
- Presence Mercy Medical Center
630-801-2657
- Presence St. Joseph Hospital
847-931-5521
- Senior Services Associates
847-741-0404
- Suicide Prevention Services
630-482-9696
- TriCity Family Services
630-232-1070
- VNA Health Care
630-978-9835

Eating Disorders 101

As we move into 2016, it is a perfect time for us to challenge our assumptions and broaden our knowledge about the serious mental illnesses known as **eating disorders**.

Eating disorders are not to be overlooked – they have the highest mortality rate of any psychiatric illness in this country. Eating disorders can lead to serious physical and psychological complications and impact normal functioning, processing, and daily activities. Eating disorders do not discriminate. They impact people from all age, ethnicity, and gender groups.

Eating disorders are complex, multi-causal mental illnesses that impact an estimated *30 million people* in the United States. And these numbers do not reflect those who struggle with disordered eating behaviors and attitudes, or body dissatisfaction.

Eating disorders are *not* lifestyle choices or fads, and instead are real, crippling conditions that have serious consequences for one's physical, emotional, and mental health. The three most common eating disorders are Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder.

It is important to know the signs and symptoms of eating disorders. Some symptoms include, but are not limited to: preoccupation with food, weight, or one's body; compulsive exercise; withdrawal; constant fear of gaining weight; refusal to eat except for tiny portions, or only drinking calorie free drinks; lack of menstruation; eating alone or in secret; eating large amounts of food in short periods of time; and abuse of diet pills or laxatives.

Eating disorders are serious, and those suffering from them need professional help. There are a variety of treatment options available that range from intensive inpatient treatment to local support groups. At TriCity Family Services in Geneva, we offer a comprehensive, outpatient, family-based approach to treating eating disorders that recognizes parents as the best resource for their child's/adolescent's recovery. We also offer a support group for parents.

Eating disorders are treatable. There is hope, and the more that we educate ourselves regarding eating disorders, the stronger our united fight against these illnesses will be. Here is to a 2016 filled with knowledge, health, and happiness.

Tegan Pfortmiller, MA, LPC – TriCity Family Services

Info Corner:

For more information about eating disorders and their treatment, please visit www.tricityfamilyservices.org or call 630-232-1070.