



Eating Disorders Treatment

UHS Has a Team of Health Care Providers To Support Students With Eating Disorders (ED)

Team members include medical providers, a nutritionist, a psychiatrist, and a therapist, all of whom have special training in ED treatment and are sensitive to the difficulties of recovery. The team addresses the physical, mental, and nutritional aspects of an ED. This service is available to all UC Berkeley students.

Eating Disorder Clinic at UHS

The clinic is an efficient way to receive medical treatment from providers of different disciplines (doctor, nurse practitioner, nutritionist, and nurse/medical assistant) at one visit.

- **Date/Times:** Tuesdays all day and Friday mornings. Please arrive 15 minutes prior to your appointment time. Allow up to 2 hours for a new visit and up to 1 hour for return visits.
- **Location:** UHS clinics on the 2nd floor.
- **Cost:** \$25 flat fee, regardless of insurance. This doesn't include labs, x-rays, or procedures done during the visit.
- **Scheduling:** Call Clinic 3 at (510) 643-7110. If you want more information about ED services or you're unsure if ED Clinic is right for you, please contact Social Services at (510) 642-6074.

Psychological Care is Essential for ED Recovery

To schedule an appointment with our ED therapist, please call our Social Services team at (510) 642-6074.

In some cases, your Primary Care provider will manage your ED treatment. They will collaborate with ED specialists to provide quality care with a multidisciplinary team. For long-term therapy and a higher level of ED care, the team will refer you to appropriate services within the community. *Continued on back...*



About Eating Disorders

An eating disorder is not a fad, phase, or lifestyle choice. It's a real, complex, and potentially devastating condition that requires help from qualified health care professionals. A 2006 national survey by the National Eating Disorders Association (NEDA) found that nearly 20% of the more than 1,000 college students surveyed (male and female) said they had had or previously had an eating disorder.

Anorexia Nervosa

Anorexia Nervosa is characterized by an intense fear of body fat, disturbed body image, and an obsessive desire to be thin. The result is a life-threatening loss of weight, usually from dietary restrictions or self-starvation.

Bulimia Nervosa

Bulimia Nervosa is associated with recurrent episodes of binge eating followed by purging (vomiting, using laxatives, fasting, or vigorous exercise). It's accompanied by feeling out of control, guilt, and shame. Bulimia also involves being overly-concerned with body weight.

Binge Eating Disorder (BED)

BED is a condition that resembles Bulimia Nervosa in that it involves binge eating and feeling out of control. Unlike bulimia, however, people with BED don't purge after eating. They may be of average weight, overweight, or obese.

A Serious Problem

An ED can begin as a simple diet or as changes in behavior that often go unnoticed by others. Unfortunately, people with EDs often deny their problem and find shame in seeking help. EDs can lead to harmful medical, psychological, and nutritional consequences. The long-term mortality rate is as high as 20%. EDs can impact every organ system in the body.

Some of the major health risks from EDs include: **heart failure, osteoporosis, infertility, kidney failure, depressed immune system, pneumonia, liver disease, exercise-related injuries such as stress fractures, and death.**

Treatment usually involves a team approach including care from MDs, NPs, RNs, and nutritionists. Support from family and friends is also needed. The earlier a person with an ED seeks treatment, the greater the likelihood of a physical and emotional recovery. Visit berkeley.edu/health-topics/eating-disorders.