



## How Pine Rest Can Help

Pine Rest provides treatment for eating disorders at many levels of care—including partial hospitalization, same-day psychiatric urgent care and outpatient services.

Our treatment teams include psychiatrists, psychologists, social workers and professional counselors – specially trained in treating eating disorders. Our staff can help individuals manage their symptoms, change thought patterns and behaviors, learn coping skills and improve relationships with their bodies.

All treatments are evidence-based, which means that over time they have been tested and found to provide predictable outcomes and long-term recovery. Some we employ include cognitive behavioral therapy, family therapy and dialectical behavior therapy.



## Treatment & Support

### Support Groups

Talking in a safe environment, sharing thoughts and feelings is a valuable part of treatment and recovery. Many support groups are free or low cost and can be attended virtually. The National Eating Disorders Association (NEDA) lists support groups on their website: [nationaleatingdisorders.org](http://nationaleatingdisorders.org)

### Outpatient Therapy & Medication

Seek a therapist with advanced training in the treatment of eating disorders. Medication can be prescribed and managed by a primary care physician, psychiatrist, nurse practitioner or physician’s assistant.

### Partial Hospitalization (Day) Programs

Day programs target severe symptoms while allowing patients to return home at night. They are beneficial for those needing weight restoration or better monitoring and treatment of restrictive eating and purging behaviors.

### Inpatient Psychiatric Hospitalization

Short-term, intensive treatment for individuals experiencing significant behavioral health symptoms that require 24/7 monitoring and care for safety.

For help, please call  
**866.852.4001**

## Services

### Outpatient & Telehealth

Assessments, medication management, individual and family therapy. All ages.

### Psychiatric Urgent Care

Open daily for walk-in assessments. Adults only. Telehealth appointments available.

### Hospital Day Program

Intensive, daily program for adolescents ages 12 to 18.

### Crisis Services

If you or a loved one are in crisis, our licensed clinicians are available 24/7 to discuss your situation and determine the appropriate level of treatment. All ages.

Scan to Learn More...  
About eating disorders  
and our services or visit  
[pinerest.org/eating-disorders](http://pinerest.org/eating-disorders).



# UNDERSTANDING Eating Disorders





## Eating Disorder Symptoms

Even though these are common symptoms not everyone with a particular eating disorder displays every symptom.

### Anorexia Nervosa

- Extreme weight loss
- Intense fear of gaining weight
- Distorted body image
- Restrictive eating
- Excessive exercise
- Preoccupation with food

### Bulimia Nervosa

- Binge eating
- Purging behaviors such as vomiting and use of laxatives, diuretics and/or enemas
- Excessive exercise
- Fluctuating weight
- Dental issues such as enamel erosion, tooth decay, or gum problems from frequent vomiting
- Swelling of the salivary glands from repeated vomiting

## Eating disorders affect people of all body sizes and shapes

Eating disorders are serious but treatable physical and mental health conditions.

In the U.S., 28.8 million Americans will have an eating disorder in their lifetime. Anyone can develop an eating disorder, but they are more common in adolescents and young adults. Eating disorders affect people of all weights and body shapes—only 6 percent with an eating disorder are underweight.

It's crucial to seek professional support for eating disorders as early as possible, as they can have a serious impact on health and wellbeing. Eating disorders have the second highest mortality rate of any psychiatric illness behind opiate addiction.



### Binge Eating Disorder

- Frequent binge eating often accompanied by feelings of guilt or shame
- Eating rapidly often until feeling uncomfortably full
- Consuming large amounts of food in secret or alone
- Feeling unable to control eating during binge episodes
- Experiencing distress or feelings of disgust after binge eating

### Avoidant/Restrictive Food Intake Disorder (ARFID)

- Extreme avoidance of certain foods or entire food groups
- Nutritional deficiencies
- Significant weight loss or failure to gain weight
- Very limited variety in food choices
- Difficulty in social situations involving food

## Risk Factors

Eating disorders are caused by a complex combination of biological, psychological and sociocultural factors that converge and set off an individual's predisposed genetic vulnerability.

**Genetic and Biological:** Family history, genetics, imbalances in neurotransmitters and brain structure abnormalities

**Psychological:** Low self-esteem, perfectionism, body dissatisfaction, trauma and abuse, depression, anxiety or obsessive-compulsive disorder

**Sociocultural:** Exposure to idealized body images in media and societal pressures, social and economic stressors, and peer pressure

**Environmental:** Family dynamics, sports emphasizing weight and appearance

**Developmental:** Puberty, struggles with identity and self-worth during adolescence

**Biological & Physiological:** Metabolic and hormonal changes, chronic illness

**Behavioral:** Restrictive dieting or frequent weight fluctuations, using food or dieting to cope with stress, emotions or life challenges

**Personality Traits:** Rigidity, impulsivity

