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World Congress on

# Eating Disorders, Nutrition & Mental Health

September 12-13, 2016 Philadelphia, USA

## Keynote Forum (Day 1)



World Congress on

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## Philip S Mehler

University of Colorado, USA

### Medical complications of anorexia nervosa and bulimia and their treatments

Anorexia nervosa and Bulimia are two mental disorders that have a litany of medical complications associated with them. As a result, they have the highest mortality than any psychiatric disorder. All body systems are adversely affected and as the diseases increases in severity, the complications become more complex and prevalent. The good news is that most of the medical complications are reversible with timely and directed interventions, with two notable exceptions. This session will review in detail all of the medical complications associated with anorexia nervosa and bulimia and also discuss their respective medical treatments. There will also be time set aside to fully discuss the successful refeeding of patients with anorexia nervosa and the steps which need to be taken to avoid the dangerous refeeding syndrome.

### Biography

Philip S Mehler was formerly Chief of Internal Medicine at Denver Health. He is the Glassman Professor of Medicine at the University of Colorado, School of Medicine, and has conducted research into the optimal treatment of the most severe cases of anorexia nervosa and Bulimia. He has Authored 400 publications, including a textbook, "*Medical Complications of Eating Disorders*", which was published by the Johns Hopkins University Press and is now in its second edition. He is a Member and Fellow of the Eating Disorders Research Society and the Academy of Eating Disorders, as well as a Member of the Editorial Board of the *International Journal of Eating Disorders*.

[Philip.Mehler@dhha.org](mailto:Philip.Mehler@dhha.org)

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**Seda Ebrahimi**

Cambridge Eating Disorder Center, USA

## Eating disorders in middle aged women

This presentation will discuss the phenomenon of eating disorders among women who are 25 and older. Because of the myth that eating disorders occur only among female adolescents and very young adults; both the medical and mental health communities have overlooked the needs of these women. This presentation will review the prevalence rates, clinical presentation, co-morbidities and contributing factors to the development of the eating disorder among midlife women. It will also discuss how eating disorders in midlife are different from eating disorders in youth and eating disorders in men. Challenges facing individuals who suffer from eating disorders in midlife will also be touched upon about as well as access to care. Finally, types of treatment and ingredients of successful recovery will be reviewed.

## Biography

Seda Ebrahimi received her PhD in Clinical Psychology from Pennsylvania State University. She is a member of Academy for Eating Disorders, International Association of Eating Disorder Professionals and American Psychological Association. She continues to lecture and provide presentations at conferences and academic institutions. She has also been involved in patient advocacy at the local and national level.

[seda@cedcmail.com](mailto:seda@cedcmail.com)