



Session Details

Session # 208

Title: A Fine Line: The Intersection of Mental Health and Medicine in the Treatment of Eating Disorders

Speaker: Joel Jahraus, MD, FAED, CEDS and Lauren Ozbolt, MD, CEDS

Date: 10/6/2017

Time: 11:30 AM

CE Contact Hours: 1.25

Pharm Hours: 0.83

Session Description

Perhaps no illness is more indicative of the dual issues of mental health and medical concerns than that of eating disorders. Anorexia nervosa has the highest mortality rate of any mental health diagnosis with some dying of suicide but many more succumbing to medical problems, particularly cardiovascular events. Complications generally result from organ failure from malnutrition but also from alcohol and drug use compounding the physiologic deterioration with eating disorders as well as those related to drinking or drug use mixed with medications for anxiety and depression. Even more common are the issues of somatization and anxiety-related illness whether ultimately proven to be organic or emotional. While illnesses other than eating disorders may involve similar issues, the potential for true physiologic problems makes diagnosis and treatment particularly challenging. The challenges involved with eating disorders have broader implications for a number of other acute and chronic illnesses in adolescents and young adults and accurate diagnosis and treatment necessitate the interaction of a multidisciplinary team including mental health, medical and nutrition. This presentation will include a didactic session presented by Lauren Ozbolt, MD, CEDS, FAPA an adult psychiatrist and well as a child and adolescent psychiatrist. Dr. Ozbolt has extensive eating disorder experience. She was the former Medical Director of the University of Miami Eating Disorders Program, Head Psychiatrist at The Oliver- Pyatt Centers and is currently the Medical Director of Clementine, the residential adolescent treatment program at Monte Nido and Affiliates. In addition to responsibilities at Monte Nido and Affiliates, Dr. Ozbolt is the owner of Ozbolt Psychiatry, PC. A small private practice in Los Angeles's west side specializing in Eating Disorders in women and adolescences.

Learning Objectives

Upon completion of this session, the learner will be able to:

1. Demonstrate the acute and evolving needs of patients with eating disorders from a physiological and emotional perspective.
2. Discuss the interplay and potential masking of some aspects of treatment given the complexities of physical and emotional interaction.
3. Explain the risks including potentially life-threatening aspects of care when physical and emotional symptoms present simultaneously.
4. Assess appropriate evaluation and treatment of both physical and medical components of the illness utilizing the synergism of effective interaction of team members on both medical and mental health sides of the treatment plan.

Disclosures

Conflict of Interest for Presenter:

- The presenter(s) of this session declare no conflict of interest. As faculty/presenter for this activity, presenter attests that they will provide the best available evidence for this content and present information fairly and without bias.