

INSIDE Issues

News and Information on Eating Disorders

"Spring" into a New Perspective

By Gina Scarano-Osika

Well, Spring is finally here and the warm weather will be upon us soon. With this season comes trying on old summer clothes, new spring fashions and the bathing suit we fit into before..... high school... college..... getting married.... or before our first born. I decided to write this article in order to combat the need to evaluate your body image via weight or numbers on the scale and dress size. Rather, I'd like to talk about the idea of a "healthy weight", rather than a target weight or size. The best index of this is the Body Mass Index (BMI) which is a widely held index of one's weight in terms of health and longevity.

Your BMI can be calculated by taking your weight (as measured in kilograms) and dividing by the square of your height (in meters). There are a few sites on the Internet (Search "BMI") that will calculate this for you. It is recommended that women achieve a BMI between 20 and 24. Falling above or below this acceptable range places you at risk of premature death. That's right, more and more research is

Continued on page 2

Board of Directors

Karen Anderson, Co-Chairperson

Gina Scarano-Osika, Co-Chairperson

Drew A. Anderson, Vice President

William F. Friske, Treasurer

Ellen R. Lahey, Secretary

Kathy Clements

Cindy Durivage

Mary Griffin MacDonald

Marie MacPherson

Brenda Quinn

Joanne Vedder

CRAED
c/o Colonie Community Center •
1653 Central Avenue • Albany, NY 12205
(518) 464-9043

being compiled which claims that not only too much weight but too little weight can contribute to illnesses such as cardiac problems, hypertension, and cancer of the female organs. So the next time you feel discouraged after stepping on the scale or trying to squeeze into your old bathing suit, remember the word "longevity" and feel great about the size you are

and the happy life you can live without your day being consumed and preoccupied with dieting and exercise.

Gina Scarano-Osika

IN THE NEWS

Body Composition Changes in Anorexia Nervosa: A Review

One of the cardinal symptoms of anorexia nervosa (AN) is the fear of gaining weight and becoming fat (DSM-IV, criteria B). With near-delusional conviction, patients tell us that if they gain weight, it will be "all fat and no muscle." Another common complaint during treatment is that weight gain isn't being evenly distributed, but is collecting "all in my stomach."

Historically, we have labeled these concerns as persistent distortions, and used them as evidence of the need for continued treatment. Evidence that these concerns may be valid, however, is beginning to surface.

Disturbance of Body Composition

Few studies have systematically examined changes in body composition with weight normalization. There is growing evidence that patients may not gain weight in an evenly distributed pattern. There may be a tendency to deposit a disproportionate amount of fat in the trunk (abdominal) region compared to extremities (arms and legs).

As expected, all body compartments were reduced in underweight patients compared to controls. Body weight was significantly lower, as was total percent body fat and lean body tissue. After weight gain, all compartments significantly increased, and those in patients were not significantly different from controls. Patients' body circumferences (mid-arm, mid-thigh, waist and hip) increased relatively uniformly with weight gain (approximately 20%). However, the waist and hip circumferences of the weight-restored patients were significantly larger than controls, and extremity circumferences were significantly smaller in weight-restored patients compared to controls.

Body fat is deposited preferentially to the trunk. Although these findings are preliminary, they are consistent with the accumulating evidence that patients with anorexia nervosa may demonstrate an abnormal distribution of body fat (lipodystrophy) that preferentially deposits fat to the trunk and away from the periphery.

Excerpted from Eating Disorders Review 13: 1, 2002.

What Our Data Revealed

CONTRIBUTING MEMBERSHIP

We need your financial support!

Student	\$ 15.00
Individual	25.00
Family	35.00
Professional	55.00
Supporter	80.00
Patron	100.00
Benefactor	250.00

Your contribution is tax deductible, and membership includes a subscription to the newsletter. Checks or money orders can be made payable to:

**Capital Region Association for Eating Disorders
c/o Colonie Community Center
1653 Central Avenue
Albany, NY 12205**

Membership Form: Please complete and mail with your contribution.

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 TELEPHONE (Home) _____ (Work) _____
 MEMBERSHIP CATEGORY _____ \$ AMT _____
 ARE YOU AVAILABLE FOR VOLUNTEER WORK? Yes _____ No _____

Capital Region Association For Eating Disorders - Support Groups

All groups meet 7- 8:30 p.m., are confidential and free.

Call 464-9043 to verify time, place and type of meeting (Combined, Significant Other, etc.)

Every **FIRST TUESDAY** - May 7, June 4*, July 2, August 6

Combined Group - Ellis Hospital, Dining Room #1, Schenectady

*June 4 group meets in B Conference Room at Ellis Hospital

Every **SECOND SUNDAY** - May 12, June 9, July 14, August 11

Significant Others - Bellevue Hospital, Administration Building, Niskayuna

Every **SECOND WEDNESDAY** - May 8, June 12, July 10, August 14

Combined Group - Russell Sage College, Kellas Hall, Troy

Every **FOURTH THURSDAY** - May 23, June 27, July 25, August 22

Combined Group, Significant Others - Four Winds-Saratoga, Algonquin Bldg., Saratoga Springs