

PRESS RELEASE

Recovery from eating disorders possible thanks to 25 years of collaboration between the Douglas Institute and ANEB Quebec

For immediate release

Montreal, October 29, 2012 — This year marks the joint 25th anniversary of the Eating Disorders Program (EDP) of the Douglas Mental Health University Institute and Anorexia and bulimia Quebec (ANEB). Together, they provide a range of complementary services that include cutting-edge research and treatment on the one side and awareness, prevention and support on the other. Today, these two institutions have become a leading source of assistance for people across Quebec who suffer from an eating disorder and for their loved ones thanks to a unique and integrated network of care, teaching and research.

"The maxim of 'once an eating disorder always an eating disorder' is not true," stated Howard Steiger, PhD, Director of the Eating Disorders Program at the Douglas Institute. "With proper treatment, people recover from eating disorders every day. However, so many people are affected that a big part of our work is to help develop treatment know-how throughout the province."

As Josée Champagne, SW, Executive Director of ANEB, explained: "We are working very hard to change mentalities and make people understand that anorexia and bulimia are serious illnesses, not just passing whims. This is why the work we do to raise awareness and provide information for families and loved ones is so important, as is the work we do in schools and other partner organizations."

To recognize this 25th anniversary, a free public lecture will be held on November 13 at the Douglas Institute.

What?

**FREE* public lecture*

"Promoting a positive body image in adolescents: Why and how?" given by Dianne Neumark-Sztainer, PhD, an internationally renowned eating disorders specialist.

Panel discussion

With local eating disorder specialists, including Howard Steiger, PhD, and Josée Champagne, SW. (Bilingual event.)

When?

Tuesday, November 13, from 7:00 p.m. to 9:00 p.m.

Where?

Douglas Hall, Douglas, Institute

People attending the lecture can sign the Quebec charter for a healthy and diversified body image, adopted in 2009, of which the Douglas Institute EDP and ANEB are partners.

About ANEB

Anorexia and bulimia Quebec is a non-profit organization that has served the Quebec region for 25 years. Its mission is to provide immediate, specialized and free assistance to people suffering from an eating disorder and to their loved ones.

About the Eating Disorders Program (EDP) at the Douglas Institute

The EDP offers specialized clinical services for adults who suffer from anorexia nervosa or bulimia nervosa. It exists as a centre of expertise, offering cutting-edge care, conducting clinical research to inform future treatment and prevention efforts.

About the Douglas Institute – www.douglas.qc.ca

The Douglas is a world-class institute affiliated with McGill University and the World Health Organization. It treats people suffering from mental illness and offers them both hope and healing. Its teams of specialists and researchers are constantly increasing scientific knowledge, integrating this knowledge into patient care, and sharing it with the community in order to educate the public and eliminate prejudices surrounding mental health.

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Information:

Anne Quirion
Communications and Public Affairs
Phone: 514-761-6131, extension 2717
Cell: 514-434-9990
anne.quirion@douglas.mcgill.ca