



Contact: Susie Lomelino  
[slomelino@calisepartners.com](mailto:slomelino@calisepartners.com)  
214.269.2092

## **TO MEDICATE OR NOT TO MEDICATE?**

### *New Workshop at 2014 iaedp Symposium Addresses Psychopharmacologic Interventions for Eating Disorders*

**Pekin, ILL. (Jan. 14, 2014)** – Currently, psychopharmacologic treatments for eating disorders require as much art as science. In a new groundbreaking workshop at the 2014 iaedp Symposium in St. Petersburg, Florida, February 26-March 2, the science and art of managing medication use in patients with eating disorders will be presented, including review of the evidence base and discussion of strategies for addressing the pharmacologic opportunities in eating disorders.

The search for effective medications to treat Anorexia Nervosa has been disappointingly elusive. There is slightly more evidence to guide the pharmacologic interventions available for the treatment of Bulimia Nervosa and Binge Eating Disorder, but the evidence is limited.

Dr. Ovidio Bermudez, MD, FAAP, FSAHM, FAED, CEDS, with co-presenter Dr. Anna Vinter, MD, will review the evidence base and discuss strategies for addressing the pharmacologic opportunities in eating disorders, as well as address co-morbid psychiatric conditions, and intrusive symptoms that may interfere with effective treatment. Medications discussed will include antidepressants, antipsychotics and mood stabilizers/anticonvulsants.

In addition, treatment recommendations will be presented for Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder as well as three cases that illustrate challenges and

opportunities in psychopharmacologic interventions for eating disorders. Audience participation will be encouraged.

**About iaedp:** Since 1985, the [International Association of Eating Disorders Professionals](#) has provided education and training standards to an international and multidisciplinary group of various healthcare treatment providers and helping professions.

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