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FOR IMMEDIATE RELEASE

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Academy for Eating Disorders: National Eating Disorders Awareness Week Spotlights Need for Education and Treatment

DEERFIELD, Ill. (Feb. 22, 2012) - The Academy for Eating Disorders (AED) observes National Eating Disorders Awareness Week, February 26-March 3 in the United States, by reaffirming its commitment to leadership in eating disorders research, education, treatment and prevention. By doing so, AED joins other eating disorders organizations nationwide in assisting to raise awareness of the potential dangers of eating disorders and the need for early identification and treatment.

Eating disorders such as anorexia nervosa and bulimia nervosa are prevalent and are associated with both serious medical complications and emotional suffering. Eating disorders occur most frequently among young women—but can also occur in men—and across the lifespan. Tragically, they are now known to have broad global reach. Although these disorders can be lethal and can impose a devastating impact on families and caregivers, eating disorders are treatable.

Despite the high stakes of untreated disease and the availability of effective treatments, it is estimated that nearly one half of individuals with an eating disorder either go unrecognized in primary care settings or do not receive specific care for this serious problem.

National Eating Disorders Awareness Week promotes the visibility of these serious but often neglected disorders; the building of an empirical base to promote development and implementation of more effective means of prevention and treatment of eating disorders; and pathways to care and assistance for afflicted individuals and their families.

"Raising awareness of the signs and associated serious risks of eating disorders—as well as empirically supported treatments—empowers individuals and families who are affected by an eating disorder to seek appropriate care. This awareness equips health professionals to recognize and respond with interventions that can be life-changing and life-saving," says AED President Anne E. Becker, MD, PhD, FAED.

Visit the AED website for more information about eating disorders, including their prevalence, risk factors, available treatments and resources for professionals. AED also provides a “Find a

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Professional" search (http://www.aedweb.org/source/EDProfessional/) for visitors seeking names of eating disorders professionals in their region.

About AED

The Academy for Eating Disorders is a global and trans-disciplinary professional organization with more than 1,500 members from 47 countries worldwide. AED provides educational resources and platforms for professional dialogue, training, and collaboration through its publications, including the *International Journal of Eating Disorders*, annual International Conferences on Eating Disorders, clinical teaching days and other programs. Visit www.aedweb.org for more information.

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