



# Courage to Nourish

**Research shows that at least 1 in 10 of your patients is struggling with an eating disorder.  
Do your patients need specialized care?**

**Here are some questions to consider:**

- Are there changes in the growth curve (up or down)? Or a stagnant growth curve?
- Have your patients mentioned dieting behaviors? Like cutting out food groups, suddenly becoming vegan or vegetarian, or self-diagnosed food allergies?
- Are there any compensatory behaviors like purging by vomiting or laxative use or exercising to burn off food?
- Is your patient bradycardic?
- Ask your patients: Do you feel guilty after eating? Do you feel preoccupied with food/body image?
- Are there lab abnormalities? Low B12, Vit D, electrolytes or iron levels?  
*Note: Abnormal labs may not always be present in an eating disorder.*

If you answered "yes" to any of these questions, please refer to an eating disorder dietitian. Primary care physicians are crucial in screening for eating disorders.

**Screening is crucial because:**

- Eating disorders are a mental illness that may **NOT** have a physical manifestation
- The average delay between onset and first treatment is 4 years, but may be as long as 10 years or more.
- Eating disorders do **NOT** discriminate. Any person of any weight, shape, ethnicity, race, gender, age, socioeconomic level can struggle
- Eating disorders have the **highest** mortality rate of all mental illnesses and may have long term health consequences

## We Are Here to Help

The dietitian plays an important role in eating disorder recovery. Here are some of our roles and responsibilities, and how we can help your patients reconnect with their bodies and discover food freedom.

- Explore beliefs and emotions surrounding food and weight
  - Tailor interventions targeted at food and eating behaviors to the patient's needs, lifestyle, and readiness for change
  - Support patients through intervention and the emotions that may arise
  - Communicate with physicians, therapists, psychiatrists, and other members of the interdisciplinary team to provide the best care for our clients on the road to recovery
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## About Courage to Nourish

*Courage to Nourish is a team of six expert eating disorder dietitians. With over three decades of combined experience, we provide a safe, weight inclusive and compassionate space for clients to heal from food and body struggles. Eating disorders often go unnoticed or providers are stuck wondering who to ask for help. That's where we come in. We're here to work with you or your clients on an individual or group level to provide excellent eating disorder and/or disordered eating nutrition counseling.*

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## Our Services

We offer a variety of services for both clinicians and clients.

- Individual nutrition therapy in College Park or Columbia, MD, as well as virtually
- Nutrition support groups
- Support groups for family, friends, and loved ones
- Clinical supervision for all clinicians

Plus, a variety of great tools, resources, and informational pieces for all audiences.