

HEED Foundation

Incorporated:

President/Medical Director

Ira M. Sacker, M.D.

Vice President

Nancy Richard

Secretary

Peter Richard

Treasurer

Steven Schindler

Board of Directors:

Chairman

Steven M. Bliss

Members

Richard Bogner

Robert Budd

Donald Budde

Marcia Cohen

Benedetto Filingeri

Howard S. Gelfand

Sheldon Golub

Dominick Mupo

Jackie Pollack

Kenneth Pollack

Leonard Tanzer

Lola Tanzer

Margie Vogel

Robert Wong

Program Director

Geri Dempsey

Newsletter Editor

Ellie Korade

Newsletter Coordinator

Geri Dempsey

Assistant Editor

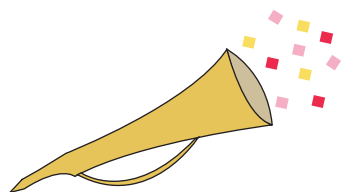
Marianne Sacker

Fundraising News

by Jackie Pollack, Fundraising Chairperson

On Saturday, May 3rd, The HEED Foundation had a fundraiser theatre night called "*The Godfathers' Meshuggener Wedding*" held at Rhona Silver's New Huntington Townhouse. It was truly a success as it was not only a show, but dinner, dancing and audience participation. What a great night of fun.

HEED will be having it's **6th Annual Gala on November 6th**, also at the New Huntington Townhouse. We look forward to seeing everyone who has supported us in the past. Call the HEED office for more details: (516) 694-1054.



Congratulations!

Jamie-Lynn Sigler and A.J. Discala on their wedding.

Jackie and Ken Pollack on the birth of their grandson, Sean Robert Beck, on April 18, 2003.

Nancy and Pete Richard on the birth of their grandson, Matthew Richard Catoir, on May 29, 2003, and on the wedding of their son, Peter, to Tricia on August 23, 2003.

Peter and Nancy Richard on their 40th Wedding Anniversary.

Geri Dempsey on the birth of her grandson, John Ryan, on August 27.

Judge Paricia Filiberto on her nomination for District Court.

Save the date!

6th Annual HEED Dinner Dance

Honoring

Dottie Herman

Special Guest Speaker

Tracey Gold

Thursday

November 6, 2003

at 6:30 p.m.

at

The New Huntington Townhouse

Volunteers Needed!



HEED
Eating Disorders Program

HEED Foundation
205 South Service Rd.
Plainview, New York 11803
Phone: (516) 694-1054
Fax: (516) 694-1074



PRMG
The Public Relations and
Marketing Group, LLC

Newsletter Design and Production donated by:
The Public Relations and Marketing Group, LLC.
Phone: (631) 297-8592
E-mail: info@theprmg.com
Web: www.theprmg.com



HEED

Helping End Eating Disorders

Brookdale University Medical Center

HEED Foundation
205 South Service Rd.
Plainview, New York 11803
Phone: (516) 694-1054
Fax: (516) 694-1074

Fall 2003

HEED Foundation Hosts First Symposium

With close to three hundred in attendance, the HEED Foundation held their first Eating Disorders Symposium on Friday, June 13th, at Stony Brook University, co-sponsors of the event. The Symposium featured leading medical experts in the field with the purpose of increasing local awareness of the often devastating impact of eating disorders.

Speakers addressed the topics of anorexia nervosa, bulimia, binge eating disorder, compulsive overeating and obesity. Discussions included the consequences, concurrent problems and treatment options for these disorders. Professionals also addressed the growing problem of childhood obesity, effects on mental health, and recognized links between chemical dependency and eating disorders. Welcoming the community was Ira M. Sacker, M.D., Founder and Medical Director of the HEED Foundation and Director of Adolescent and Young Adult Medicine at Brookdale University Hospital Medical Center.

Among the highlights of the day-long program was a presentation by Mitchel Roslin, M.D., Chief of Obesity Surgery at Lenox Hill Hospital, who spoke on new treatments for morbid obesity. Dr. Roslin has performed bariatric surgery on a number of celebri-



Pictured left are presenters and organizers at the Symposium. Pictured right are HEED Founder and Medical Director Ira M. Sacker, M.D. with HEED Program Director and Symposium Chairperson Geri Dempsey.



ties, including most recently, television personality Al Roker. Providing unique insight and understanding into life with an eating disorder, the Symposium closed with a one-woman performance depicting life with an eating disorder, titled *The Thin Line*, by Cathy Plourde.

Organizers were very pleased with the outcome. "We are encouraged by the number of parents and members of the educational and medical professions who joined us for HEED's first symposium. It will help those who attended to recognize the complicated physical and psychological symptoms and conditions associated with eating disorders. Preventive education and early intervention is imperative to save

lives and prevent many from suffering a life filled with debilitating illnesses brought on by eating disorders sometimes triggered during childhood," said Geri Dempsey, Director of Programs and Services at HEED and Chairperson of the Symposium.

"Our Symposium was a huge success," added Dr. Ira Sacker.

"The work of your life is to discover your purpose and get on with the business of living it out."

Oprah Winfrey

DOTTIE HERMAN TO BE HONORED AT ANNUAL GALA



The HEED Foundation is pleased to announce that they will honor Dorothy "Dottie" Herman, CEO of Prudential Douglas Elliman Real Estate, at the Annual Gala, Thursday,

November 6. The Gala will be at The New Huntington Townhouse, beginning at 6:30 p.m.

Ms. Herman, today, owns and directs a real estate empire with over 50 offices stretching from Montauk to Manhattan, and is recognized as one of the fastest growing full-service residential real estate companies in the United States.

Still, Ms. Herman finds the time to give back to the Long Island Community by being actively involved in numerous charitable organizations. Ms. Herman is happy to add The HEED Foundation as one of her many philanthropic endeavors.

HEED also welcomes Actress/Author Tracey Gold as a Special Guest Speaker at the Gala. Ms. Gold details

her struggles with eating disorders in her book *Room to Grow: An Appetite for Life*.

Proceeds raised at the Gala will go directly to assist the HEED Foundation in it's efforts to end eating disorders and establish HEED House.



Medical Director's Message

by Dr. Ira M. Sacker, Founder and President



Over the past few months you may have noticed a change in the advertising of weight loss dietary supplements. Many products are now proclaiming they are "ephedra-free."

Ephedra, also known as Ma Hung, is an herbal stimulant which can be found in many over the counter weight-loss, energy booster and athletic performance enhancing products. Ephedra can cause serious side effects, such as nerve damage, seizures, and heart attacks. Numerous deaths, including the death of Baltimore Orioles pitcher, Steve Bechler, have been linked to the use of Ephedra. Following public outcry, localities, such as Suffolk County, banned the sale of these products and GNC, a major retailer, removed them from their

shelves. The manufacturers of these products scrambled to bring new "ephedra-free" products to the market. Unfortunately, the safety and effectiveness of these products remain to be determined and Ephedra based products are still easily available online. The problem is that these products are recognized as "dietary supplements," not drugs, and are exempt from pre-market safety testing and FDA regulations. United States Senator Charles Schumer is co-sponsoring the Dietary Supplement Act. If passed, this act will give the U.S. Food and Drug Administration the authority to require proof of safety from the manufacturer if a supplement is suspected of causing health problems. The HEED Foundation supports all efforts to regulate the safety and sale of these herbal dietary supplements.

I have recently been working with 48 Hours (CBS news magazine program) about doing a show on

women who developed an eating disorder in their 30's and 40's. They developed their eating disorders later in life as a response to the overwhelming stress facing many women in that age group. There also appears to be a comorbidity of OCD (obsessive compulsive disorder) and/or moderate dysthymia. The eating disorder becomes a coping mechanism to deal with these problems. Recovery problems in adults, as in younger people, seems to depend on developing better coping mechanisms and on a gradual transition process back into everyday life. I will be discussing the need for HEED House and how a transitional facility with comprehensive care can help individuals in all age groups find lasting recovery.

"Compassion can be roughly defined in terms of a state of mind that is nonviolent, nonharming and nonaggressive. It is a mental attitude based on the wish for others to be free of their suffering and is associated with a sense of commitment, responsibility, and respect towards the other."

Dali Lama

Program Highlights

by Geri Dempsey

The overwhelming response to the Symposium was gratifying to everyone connected with arranging the details of this major project. The Symposium offered us the opportunity to reach clinicians and lay people simultaneously.

I wish I could take out a full page ad in every newspaper, magazine, circular, radio and television program to thank the people that supported our Symposium. I especially thank my dear friend and colleague, Nina Rubin, whose unwavering assistance has been my foundation throughout these past months, and Dr. Sacker, whose vision, dedication, and support of education and treatment has made such a significant difference in the world of the eating disordered and their families.

Several additional support groups are now being held at the Plainview offices. Beginning in October, groups for individuals struggling with compulsive overeating will meet on Monday evenings and Wednesday mornings, and an all-male eating disorder support group will

meet on Thursday evenings.

Once again, we are happy to be able to offer the education series to

Support Groups

Mondays-7 pm
Anorexia/Bulima
Compulsive Overeating
Wednesdays-11 am
Compulsive Overeating
Thursdays-7:30 pm
Family and Friends
Male Eating Disorders



Event

Education Series on Eating Disorders sponsored by the HEED Foundation and presented by Dr. Judy Marshel and Kaaren Hajohn
To register call (516) 694-1054.

the community, on the first three Thursdays in October.

This past summer we were delighted to offer a very successful and worthwhile Art & Creative Expressions Workshop for young children. The program was designed and facilitated by Vicky Chriss, MA, and Laura McDonald, BS. Their workshop addressed: art and music as therapy, assertiveness training, poetry/creative writing/journaling and power building techniques. The beautiful notes and pictures mailed to us in response to these workshops encourage us to offer them again next summer.

Seven new members have joined our Professional Advisory Board. This board is an integral part of the growth of the foundation, their involvement with us is appreciated.

This year's success in offering the Symposium and the new programs are a "kick-off" to the fast growing reputation of the work the HEED supporters and volunteers provide. Please continue to be a part of the future of HEED.

Do Fast Foods Lead to a Fat Waistline ?

by Judy Marshel, PhD, RD, CDN

Obesity in children and adolescents is on the rise. In fact, 13% of young children and 14% of adolescents are overweight, with the number of overweight adolescents tripling in the past two decades. What role does the food industry have to play? Yes, they advertise fast food, snack food and soft drinks through Saturday morning television commercials, through characters like Ronald McDonald, and through toys included in Happy Meals. But are they responsible for you buying into the advertising? If so, are they hypnotizing you, so you blindly indulge in these foods? Or is personal choice involved?

A recent lawsuit, on behalf of obese people, named McDonald's, Burger King, KFC and Wendy's as defendants. Are they

to blame? Does blaming them solve the problem? It is true that the food industry can issue warnings that excessively eating these type of foods can have consequences to one's waistline and potentially to one's health. They can post fat calorie content on menu boards, and they can put more nutritious foods on their menu. But that won't happen overnight.

What are you to do? Take responsibility **NOW**. How? By taking a hard look at what response-ability is. It is the ability to respond in an empowering way, in a way that recognizes that you have a choice about what you put into your body.

How do you do this? By sitting down with your child or adolescent and together discussing the following:

- What are your health related goals?

- What types of food will help you accomplish these goals?

- If maintaining health or weight loss is a goal, then you need to identify which foods can support your goal.

Think in terms of moderation. You can incorporate some of these high-fat, calorie laden foods into your diet in a reasonable way. No food is a forbidden food.

"When a person recognizes one of his delusions or misconceptions, it is a moment of insight."

John Powers, S.J.



Female Athletes: Progress and Problems

by Karen Schmit

Women today have more opportunities in athletics than ever before. With all the success women have had in the past decade, there has been a silent price they've paid. As females become more marketable, their pictures are making the cover of Sports Illustrated and they're signing commercial deals with top sports companies. But which women do we see? Do we see the top athletes, or do we see the ones that look the best? When was the last time you saw the female gold medalist for weight lifting? And how many times have we seen Anna Kournikova, who has yet to win anything substantial? Unfortunately, young women are being sent mixed messages. They are encouraged to be tough on the field, to build muscle strength, and to be elegant and model-like at all other times.

The images and messages young female athletes are being fed are giving way to a new breed of eating disorders. Studies are showing that up to 65% of female college athletes have what is known as the "Female Athlete Triad." The Triad is a term for the inter-relatedness of 3 distinct components; disordered eating, amenorrhea, and osteoporosis. Disordered eating is not necessarily a full blown eating disorder but can be anything from fasting, to restricting, to abusing diet pills, laxatives and or diuretics. The disease

works on a continuum. Athletes tend to blame their physical condition for poor performance before anything else. As they do this they may turn to "disordered eating" patterns in an attempt to lose weight. As they lose body mass due to an unbalanced diet they also lose their periods. Without their periods the next phase is premature bone loss which leads to stress fractures. The athlete is then left wondering how her attempts to mold herself to the highest standard went wrong. She is now on the sidelines.

The Triad has been most prevalent in sports emphasizing slimness and having weigh-ins. However, it is now rampant in all sports. I think Nike best summed up the direction our society needs to take to help change the future for female athletes; "A woman is often measured by things she cannot control. She is measured by the way her body curves or doesn't curve, by where she is flat, or straight, or round. She is measured by 36, 24, 36, inches, and ages, and numbers, by all the outside things that never add up to what she is on the inside. And so if a woman is to be measured; let her be measured by the things she can control, by who she is and who she is trying to become. Because as every woman knows, measurements are only statistics, and statistics lie!"

HEED Friends & Family



Laura McDonald at work.



Dr. Sacker with his Mom, Lottie



Peter & Nancy Richard, Lottie Sacker, Marianne Sacker, Jennifer Richard and Geri Dempsey.