“Eating Disorders”

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Alexis M. Fertig, MD, MPH received her bachelor’s degree from Wellesley College and went on to receive her medical degree from Tulane University School of Medicine. She completed her training in pediatrics, general psychiatry, and child and adolescent psychiatry at the University of Pittsburgh in 2009.

Dr. Fertig is currently an Assistant Professor in the Department of Psychiatry at the University of Pittsburgh. She is the Director of the UPMC Center for Eating Disorders where her primary clinical work is in the Partial Hospital and Intensive Outpatient Programs. She also sees patients in one of the general adolescent Partial Hospital Programs. Dr. Fertig serves as Associate Director of the Department of Psychiatry’s Clinician Educator Faculty Development Program. Her clinical and academic interests include eating disorders, child and adolescent mental health, faculty development, and program development.

Abstract – Introductory
This program is designed to give an overview of three Feeding and Eating Disorders commonly seen in pediatric practices: Anorexia Nervosa, Bulimia Nervosa, and Other Specified Feeding and Eating Disorder. We will review the diagnostic criteria, epidemiology, and methods of screening for these disorders. We will review different levels of care and criteria for each treatment setting. Finally, we will discuss the principles of Family Based Therapy (FBT) for Eating Disorders and the role of the pediatrician in the treatment team.

By the completion of this session, participants should be able to:
1. Screen for eating disorders.
2. Recognize when to refer for a specialized evaluation of an eating disorder.
3. Support patients and families during treatment for an eating disorder.

References: