



BRANDYWINE HOSPITAL

Eating Disorders Program

March, 2015



For additional information on the Eating Disorders Program at Brandywine Hospital & the services we provide, please visit [our website](#) or call 1.877.406.0431.

Dear MR TIMOTHY BRYAN,

Thank you for your continued interest in our specialized Eating Disorders Program.

Boys & Bulimia

By Michael Pertschuk, MD, Director of EDU



Although eating disorders are more common among females, it has long been recognized that males are far from immune. Estimates of the percentage of males among individuals with bulimia have ranged from about 10% up to 25%. Interestingly, the higher percentages are more recent. [Read this article in its entirety.](#)

National ED Awareness Week 2015



The goal of National Eating Disorders Awareness Week is to put the spotlight on the seriousness of eating disorders and to improve public understanding of their causes, triggers and treatments. NEDA encourages early detection and intervention, which can improve a journey towards recovery for millions. The hospital's very own radio show, Brandywine Health Talk Live, which airs bi-monthly on WCHE1520, highlighted our EDU on Wednesday, February 25th. The discussion included the importance of ED Awareness Week, explored eating disorders, types of therapy and highlighted our specialized unit and ED Support Group.



Eating Disorders Support Group



Offering a safe & encouraging environment for males & females age 13 & older

Staff Spotlight

Jacqui Wanamaker, Intake Coordinator

Jacqui Wanamaker is proud to serve as our Intake Coordinator at The Eating Disorders Program at Brandywine Hospital. She is dedicated to providing professional service for our prospective patients and their families. Jacqui's calm demeanor and compassion help build trust with our patients and they feel at ease when they arrive on our unit. Jacqui supports our patients



**Group Meets
the First and Third
Thursday of each
Month
6:30 p.m.- 7:30 p.m.**

**Location:
1 West Conference Room
(1st floor of hospital)**

**Registration
is NOT required. Group is
FREE of charge.**

**[View Our Eating Disorders
Support Group Flyer](#)**



Please be advised that we adhere to all HIPAA guidelines. If you should have a student, who is placed onto our unit, we cannot disclose private information to you. We are only able to provide you with information on the student's academic progress. Our accredited teacher will forward a detailed educational summary to the student's guidance counselor at time of discharge.

from the initial contact and serves as the bridge for many as they start their journey to recovery.

She facilitates group programming on our specialized unit and works closely with our patients. She also serves as our support group facilitator. Our Eating Disorders Support Group meets the 1st and 3rd Thursday of every month. Jacqui strives to create a safe and trusting environment for all attendees.

Jacqui has worked in the mental health field for 24 years. She has worked in other eating disorder treatment facilities and has worked with our specialized program since its inception in 2010.

"We are able to work with patients who struggle with anorexia, bulimia and binge eating disorder. I am always reminded that this addiction is unbelievably strong BUT I do believe patients can recover. I feel that it is both an honor and a privilege to be part of the healing process for our patients. I know I am doing exactly what I'm supposed to be doing, my calling in life."

Jacqui wants patients to learn three things prior to discharge.

- Recovery **IS** possible.
- You **ARE** strong enough and brave enough to fight ED (eating disorder).
- There **IS** hope and ED doesn't have to win.

Jacqui lives in Chester County and is blessed with two sons and two daughters. She is also the very proud grandmother of four very active grandchildren, three boys and one girl. They are involved with gymnastics, soccer, violin, piano, drums and trumpet. She thoroughly enjoys the time she spends with her family and loves spoiling her grandchildren as much as she can.

What is Orthorexia?

By Karin Kratina, PhD, RD, LD/N

Orthorexia nervosa is not currently recognized as a clinical diagnosis in the DSM-5, but many people struggle with symptoms associated with this term. Those who have an "unhealthy obsession" with otherwise healthy eating may be suffering from "orthorexia nervosa," a term which literally means "fixation on righteous eating." Orthorexia starts out as an innocent attempt to eat more healthfully, but orthorexics become fixated on food quality and purity.

[Read this article in its entirety.](#)





Please feel free to contact me to learn more about our in patient eating disorders program. I am also happy to discuss the educational programs we provide (at no cost) to school districts, colleges & universities.

Warmly,

Adrienne MacKenzie, **Community Liaison**
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RECOVERY

Realizing that you're worth it.
Experiencing true happiness.
Caring about yourself.
Over coming your own demons.
Validating your worth.
Eating without regret.
Relapse—it's going to happen, it's inevitable and that's **okay**.
Yearning to live.