

# AT 18, I WEIGHED 90 LBS.

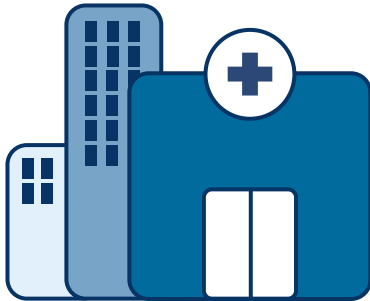
Gabriel suffered from anorexia for a long time, but it did not show. His inner struggle went largely unnoticed until his body spoke out for him. Eating disorders are insidious mental illnesses and more than just a matter of weight.

At the Douglas Institute, we believe that the fight against eating disorders requires unparalleled clinical care that is integrated with research. Each patient is assessed and cared for according to their needs through daytime therapeutic activities, outpatient consultations or hospitalization when necessary. Our mental health offering enjoys international recognition for the quality of its research and cutting-edge clinical treatments.

**The Douglas estimates that more than 100,000 Quebecers suffer from anorexia or bulimia, while three to four times as many people suffer from variants of these disorders.**

## EATING DISORDERS

### Our current situation



According to the most recent data provided by Statistics Canada, approximately 1 million Canadians have been diagnosed with an eating disorder. These serious mental illnesses affect men and women of any ages and from all social classes throughout Quebec.

According to the Canadian Mental Health Association, up to 10% of people with anorexia die from major health problems or from suicide.

Each year, close to 500 people benefit from our Eating Disorders Continuum and the number of patients continuously grows with time.

Multiple organizations that provide support to people affected with eating disorders have seen a sharp increase in service requests since the start of the pandemic.

The Douglas is at the forefront of research and care for people affected by eating disorders. **Our team is focused on preventing suffering** and ensuring that patients can lead their fullest lives.

To learn more about our services, visit [fondationdouglas.qc.ca](https://fondationdouglas.qc.ca)

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## EATING DISORDERS

### Eating Disorders Continuum

The Douglas Eating Disorders Continuum helps people with anorexia nervosa, bulimia or nonspecific eating disorders. Internationally renowned, our programs are **recognized for the quality of their specialized clinical services** offered to people with eating disorders regardless of their age.



A unique center of expertise in Quebec offering cutting-edge treatments and clinical research that improves the physical and mental health of patients.



Services include an outpatient clinic, a day program, an inpatient unit and a day hospital offering intensive treatments in a welcoming and therapeutic atmosphere.



Breaks down age barriers for patients to improve access to treatment, reduce the number of hospitalizations and increase the number of young people receiving outpatient services.

**Did you know?**

The Eating Disorders Continuum offers individualized treatments with the goal of eliminating problems related to diet and weight control, and to improve the physical, psychological and social condition for the well-being of each person who asks for help. The treatment team is made up of several health care professionals across multiple disciplines.



Dr. Howard Steiger, Head of the Eating Disorders Continuum at the Douglas Mental Health University Institute is a clinician, researcher and administrator. His unique expertise has enabled the Douglas to offer the most extensive specialized service for treating adults suffering from eating disorders in Quebec. Dr. Steiger and his team work tirelessly to make discoveries that build hope for all those who are affected by these mental illnesses.

