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## 15 **Red** Flags for Eating Disorders

1. Constant thoughts about your weight
2. Avoid eating with family and friends
3. Weight fluctuates drastically over short time spans
4. Compulsively exercise
5. Self-induced vomiting
6. Laxative or diuretic abuse
7. Constant concern with being fat
8. Difficulty concentrating
9. Increase isolation
10. Binge uncontrollably on large amounts of food to the point of feeling sick
11. Lying to others about how you eat
12. Dizzy spells, fainting, or blackouts
13. Decline social engagements because you have to work out
14. Loss of interest in things you used to enjoy
15. Skip school or work because you feel fat or sick

**If you think you or a loved one may have an eating disorder you may:**

- Contact your primary care physician
- Contact Dr. Clark at her office phone 415-924-6935

## Resources from Children's Hospital Oakland's website

[http://www.childrenshospitaloakland.org/health\\_library/pa/pa\\_bleatdis\\_pep.asp](http://www.childrenshospitaloakland.org/health_library/pa/pa_bleatdis_pep.asp)

### Books for Young Adults

Food Fight: A Guide to Eating Disorders for Preteens and Their Parents; by Janet Bode; Simon & Schuster, 1997

Body Blues: Weight and Depression; by Laura Weeldreyer; Rosen Publishing Group, 1998

Exercise Addiction: When Fitness Becomes an Obsession; by Laura Kaminker; Rosen Publishing Group, 1998

My Life as a Male Anorexic; by Michael Krasnow; Haworth Press, 1996

### Books for Adults

Anatomy of Anorexia; by Steven Levenkron; W.W. Norton, 2000

Anorexia Nervosa: A Guide to Recovery; by Lindsey Hall; Gurze Books, 1999

Anorexia and Bulimia; by Paul R. Robbins; Enslow Publishers, Inc., 1998

Anorexia Nervosa: A Guide to Recovery; by Lindsey Hall, Monika Ostroff; Gurze Designs & Books, 1998

Anorexia Nervosa: A Survival Guide for Families, Friends, and Sufferers; by Janet Treasure; Psychology Press, 1997

Bulimia: A Guide for Family and Friends; by Roberta T. Sherman; Jossey-Bass, 1997

Bulimia/Anorexia: The Binge/Purge Cycle and Self-Starvation, 3rd ed.; Marlene Boskind-White; W.W. Norton & Co., 2000

Dying to Be Thin; by Ira Sacker; Warner Books, 1995

The Eating Disorder Sourcebook; Carolyn Costin; Lowell House, 1996

Eating Disorders: The Facts; by Suzanne Abraham; Oxford University Press, 1997

Surviving an Eating Disorder: New Perspectives and Strategies for Family and Friends; by Michele Siegel, Judith Brisman, Margot Weinshel; Harper & Row, 1997

The Unofficial Guide To Managing Eating Disorders; by Sara Gilbert, IDG Books Worldwide, Inc., 2000

Your Dieting Daughter: Is She Dying for Attention?; by Carolyn Costin; Brunner/Mazel, 1997

### Other Resources

#### National Eating Disorders Association (NEDA)

Hotline: 1-800-931-2237

<http://www.nationaleatingdisorders.org>

#### National Association of Anorexia Nervosa and Associated Disorders

Phone: (847) 831-3438

<http://www.anad.org>

*Inclusion of organizations and information is for information only and does not imply endorsement by Dr. Tana Clark or Girls Inc.*

### **Weight-control Information Network**

6101 Executive Blvd., Suite 300  
Rockville, MD 20852  
877-946-4627

<http://www.niddk.nih.gov/health/nutrit/win.htm>

National information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). which provides science-based information on obesity, weight control, and nutrition.

### **Eating Disorder Referral and Information Center**

2923 Sandy Pointe  
Suite 6

Del Mar, CA 92014–2052

(858) 792–7463 (not for referrals)

Referrals: [www.edreferral.com](http://www.edreferral.com) and select « for treatment referrals »

For 510-area code: <http://www.edreferral.com/states/510.htm>

Provides information and treatment resources for all forms of eating disorders.

Provides referrals to eating disorder professionals, treatment facilities, support groups, etc.

Offers general information to inform the public about the treatment and prevention of eating disorders.

## **Select East Bay Resources from the Association of Professionals Treating Eating Disorders Website**

[http://www.aptedsf.com/treatmentprograms\\_cont.html](http://www.aptedsf.com/treatmentprograms_cont.html)

### **Ohlhoff Center**

Outpatient Eating Disorders Program

601 Steiner St.

San Francisco, CA 94117

(415) 221-3354

website: [www.ohlhoff.org](http://www.ohlhoff.org)

\* 16-Week Intensive program including weekly groups (body image, family, process, nutrition), individual therapy, individual nutrition sessions

\* Serving women, men, and adolescents

\* Provides continuing care services

### **San Francisco Center for Psychoanalysis**

Eating Disorders Resource Center

2420 Sutter Street

San Francisco, CA 94115

(415) 563-5815

website: <http://www.sf-cp.org/>

\* Psychoanalytically-oriented treatment for those suffering from anorexia nervosa, bulimia and other eating disorders. Services include a speaker's bureau; consultation to schools, agencies, and community services; supervision for therapists treating eating disorders; consultation groups for professionals; information and referral to professionals. Services offered in San Francisco and the East and South Bay areas.

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### **New Directions Eating Disorders Center LLC**

1255 Post Street, Suite 1150  
San Francisco, CA. 94109  
(415) 820-9666  
website: [www.newdirectionseatingdisorders.com](http://www.newdirectionseatingdisorders.com)

\* Treatment Program for Adolescents and Adults that includes complete individual assessment for eating disorders and other related conditions

\* 15 week intensive outpatient treatment; psychiatric consultation, consultations with a nutritionist and/or registered dietician, and family meetings for adolescent groups

### **Other Resources**

#### **Lucile Packard Children's Hospital at Stanford**

Adolescent Medicine  
1174 Castro Street, Suite 250A  
Mountain View, CA 94040  
New Patient Evaluations:  
Intake Coordinator: (650) 498-4468

[www.lpch.org/eatingdisorders](http://www.lpch.org/eatingdisorders)

\*The Eating Disorders Clinic provides comprehensive medical and psychiatric evaluation, treatment and follow-up for children and teenagers with eating disorder problems.

#### **Alta Bates Summit Medical Center, Behavioral Health**

Luana Shiba-Harris: Manager/Adolescent Services  
2001 Dwight Way  
Berkeley, CA  
Office: 510-204-4405

Website: [www.altabatessummit.org](http://www.altabatessummit.org)

\* Hospitalization for Anorexia and Bulimia -- Individual Therapy/Private Practice, Nutritional Counseling, Medical Evaluation, Day Treatment, Outpatient, Inpatient, Family Therapy, Group Therapy

#### **Beyond Hunger**

POB 151148  
San Rafael, CA 94901  
[www.beyondhunger.org](http://www.beyondhunger.org)

#### **Books**

"Life Without Ed: How One Woman Declared Independence from her Eating Disorder and How you Can Too", by Jenni Schaefer

[http://www.amazon.com/Life-Without-Ed-Declared-Independence/dp/0071422986/ref=sr\\_1\\_1/002-2841097-6797654?ie=UTF8&s=books&qid=1189461581&sr=8-1](http://www.amazon.com/Life-Without-Ed-Declared-Independence/dp/0071422986/ref=sr_1_1/002-2841097-6797654?ie=UTF8&s=books&qid=1189461581&sr=8-1)

"Because I Feel Fat: Helping the Ones you Love Deal With An Eating Disorder", Tony, Paulson

[http://www.amazon.com/Because-Feel-Fat-Helping-Disorder/dp/0595320619/ref=sr\\_1\\_1/002-2841097-6797654?ie=UTF8&s=books&qid=1189461643&sr=1-1](http://www.amazon.com/Because-Feel-Fat-Helping-Disorder/dp/0595320619/ref=sr_1_1/002-2841097-6797654?ie=UTF8&s=books&qid=1189461643&sr=1-1)