

Resources

DBH Offers:

- 24 Hour hotline (425) 985-3635
- 4 Online support groups
- National referral service to help find the right treatment center, doctor or therapist anywhere in the country.
- 3-time Nationally recognized insurance specialist to help you maximize your treatment coverage
- Teen Mental Health Peer Workshop
- Healthcare Professionals Education and Training Program

Books:

- Prevention and Recovery from Eating Disorders in Type 1 Diabetes: Injecting Hope *by Dr. Ann Goebel-Fabbri*
- Needles: A Memoir of Growing Up with Diabetes *by Andie Dominick*
- Surviving an Eating Disorder: Strategies for Family and Friends *by Siegel, Brisman and Weinshel*

Other Resources:

- Instagram.com/BodyPosiBetes
- WebMD Diabulimia Video: youtu.be/fmtr4g_VopU
- www.nationaleatingdisorders.org/diabulimia-5
- **2nd International Conference on Diabetes and Eating Disorders!**
www.DBH.org/conference

Contact Us

Call our **24 hour hotline** 365 days a year

(425) 985.3635

Visit us online at
www.diabulimiahelpline.org

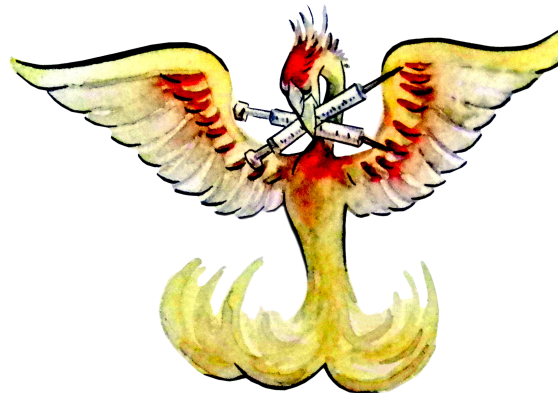
Join our online support group at
<http://www.facebook.com/groups/DiabulimiaSupport/>

Follow us on Twitter
www.twitter.com/DiabulimiaHelp

Follow us on Instagram
[@diabulimiaHelpline](https://www.instagram.com/diabulimiaHelpline)

Email Founder & Executive Director
Erin@DBH.org

We are always looking for volunteers! For info on how to get involved, please email
info@diabulimiahelpline.org



The material in this pamphlet is for informational purposes only and is not intended to constitute medical advice. Always consult a physician or other qualified health provider for diagnosis and treatment of any health related matter.



Diabetes and eating disorders are complex, dangerous diseases when they occur separately, but when the conditions exist in the same person, the results are devastating.



Dream for a life beyond your eating disorder, *Believe* in yourself even when you fall down && know that even in the darkest of moments there is *Hope*.

Diabulimia Helpline, est. 2009, is the world's first non-profit organization dedicated to the education, support, and advocacy for the comorbidity of diabetes and eating disorders.

FAQ about Diabulimia

What are the signs of diabulimia?

Like any eating disorder the signs of diabulimia vary from person to person, but some key indicators to watch for are:

- A1c inconsistent with meter readings
- Unexplained weight loss
- Constant bouts of nausea
- multiple DKA or near DKA episodes
- Low sodium and/or potassium
- Deteriorating or blurry vision
- Secrecy about diabetes management
- Fatigue and/or lethargy
- Extreme changes in diet or exercise
- Personality or mood changes

What is diabulimia/ED-DM1?

Diabulimia is a media-coined nomenclature for people with diabetes that omit their insulin in order to manipulate their weight. ED-DM1 stands for eating disorders-Diabetes Mellitus type 1. This covers people with the comorbidity of type 1 diabetes and any eating disorder.

What are the consequences of insulin omission?

- Diabetic Ketoacidosis
- Serotonin Depletion
- Yeast Infections
- Neuropathy
- Gastroparesis
- Retinopathy
- Staph Infections
- Kidney Failure
- Stroke and
- Death.



Facts and Figures

Women with type 1 diabetes have a 2.4 times greater risk of developing an eating disorder.

In addition 11% - 17% of males with type 1 diabetes omit or restrict insulin in order to lose weight.

Multiple studies indicate that 30%-35% of women with type 1 diabetes omit or restrict their insulin in order to lose weight.

Research shows that a diagnosis of type 1 diabetes leads to clinical depression in as much as 30% of the population.

The intense focus that diabetes places upon nutritional information, the conscious restrictions of certain dietary ingredients, and the necessity of maintaining a sharp awareness of caloric intake can cause people with diabetes to be atypically sensitive to the effects of food.

"There are people that have gone through this and come out on the other side, and they're not amazing people. They're not shiny, happy people. They're just regular people who never felt like they could do it, but did."

Caroline



Prevention and Recovery from Eating Disorders in Type 1 Diabetes: Injecting Hope by Dr. Ann Goebel-Fabbri

Friends and Family

What can you do if you suspect your child or loved one is intentionally restricting insulin:

Act now. Early intervention is crucial for stemming long term complications.

Talk to them with concern and without judgment. They're possibly unaware what they are doing is an eating disorder.

Understand that diabulimia is a mental health issue, not a will-power issue.

Assemble a collaborative medical team

- An endocrinologist open to learning about eating disorders if no prior experience.
- A nutritionist with knowledge of both eating disorders and diabetes.
- An eating disorder therapist.

Read about eating disorders and diabetes. The more you know the more you can help.

Find a therapist for yourself. An eating disorder is something that the whole family recovers from.

Remember you cannot reason with a starving brain. Logic means little to an eating disorder.

Visit www.diabulimiahelpline.org/parent-support/ for more resources && information.

But, most Importantly...

Know that recovery and healing is possible.

Email our Parent Support Liaison
DawnLeeAkers@DBH.org