

## Treatment stages

### Beginning treatment

Once the patient and their family decide that they are interested in the Mandometer® Treatment, an Eating Evaluation will be conducted. This is a thorough assessment of the patient's physical, psychiatric, behavioural and social situation. This assessment includes a visit with our doctor and blood tests.

### Treatment plan

The information gathered during the assessment is analysed and a treatment plan is developed by both the case manager and patient. The plan includes a formal food schedule for each day, designated times for resting in the warm room or warm jacket, managing activity levels, and setting short and long term goals. A goal weight is also established by the case manager and patient. An outcome of the Mandometer® Treatment is that patients gain the behaviours and skills to stay slim and healthy for the rest of their lives.

### Continuing care

When a patient reaches remission, they are provided with follow up care for a period of 5 years to ensure full recovery continues throughout this time.

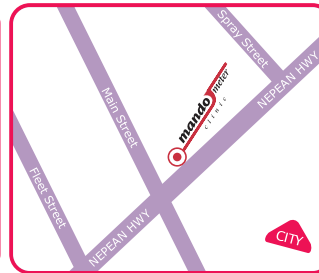


"All the treatments available in Australia had given up on my daughter. But Mandometer® gave us hope, and through the treatment my daughter has emerged from the illness. She is back at school and is healthy, which is an enormous relief for us."

Jane, mother of Mandometer® patient



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For more information on eating disorders and the Mandometer® Treatment, please feel free to contact us at our Brighton or Mornington Clinic, or visit [www.mandometer.com.au](http://www.mandometer.com.au).

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# The new effective treatment for eating disorders

**mandometer**

[www.mandometer.com.au](http://www.mandometer.com.au)

It is estimated that one in every 100 Australian adolescent girls will develop Anorexia Nervosa, and approximately five in 100 Australians will develop Bulimia Nervosa.

If you or a loved one suffers from an eating disorder, you know first-hand the devastation that eating disorders can cause, often tearing families apart and causing lives to spiral out of control.

Without effective treatment, the consequences can be emotionally, medically and financially devastating. With a 75% success rate, the Mandometer® Treatment can help.

## About the Mandometer® Treatment

### Research based

The Mandometer® Treatment focuses on long-term, sustainable change and is based on over 20 years of research and development. Continuing research into the treatment is carried out at the world renowned Karolinska Institute in Sweden.

### Personalised care

Each patient is assigned a case manager who supports them intensively during the treatment process. The approach is both collaborative and supportive.

### Supportive approach for families

Clinic staff welcome and encourage family involvement, and spend time giving families information and support during the treatment process. The patient is included in all decision making and given on-going education about eating disorders and the treatment they are receiving.

### Treatment outcomes

With the Mandometer® Treatment, patients will:

- never become overweight or fat;
- be able to eat anything they like without worrying about food, calories or weight;
- not feel the need to exercise in order to 'work off' consumed calories;
- not lose control over the amount of food they eat; and
- experience an increase in self-esteem.

### Innovative computerised system

The Mandometer® Treatment re-educates patients to recognise the feeling of fullness by eating their meals using an interactive biofeedback device called the 'Mandometer'. The compact computer shows patients the rate they are eating, alongside a normal eating rate. The level of satiety (fullness) is also displayed, and compared to that of normal levels.



### A team of professionals

The multidisciplinary clinical team supporting the program is comprised of a medical director, paediatrician, psychiatrist, dietician/nutritionist, social worker, nurses and administrative staff.

### Treatment that works

75% of patients undertaking the Mandometer® Treatment reach remission in an average time of 14 months after commencing. Patients are followed up and supported for five years after remission.

### Strict remission criteria

Patients must fulfil the following criteria in order to be defined as having reached remission:

- normal eating behaviour & satiety;
- normal weight;
- normal blood & urine test results;
- normal psychiatric status;
- back to work/study and engaging in recreational activities;
- food and weight are no longer regarded as problems; and
- for bulimia, no binge-eating and purging for the last 3 months.

## The cornerstones of treatment

### Normal eating

The Mandometer® device is used in treatment to teach patients normal eating patterns. Research shows that, as eating behaviour returns to normal, psychiatric symptoms such as depression, anxiety and obsession gradually disappear.

### Rest and warmth

Research has found that anxiety often experienced by people with eating disorders can be reduced by the use of warmth. After a meal patients at the Mandometer® Clinic rest for up to one hour in a specially designed 'warm room' or wear a warm jacket with heating panels. This assists patients to rest and reduce the high activity levels which may form part of the eating disorder. The use of warmth also helps with hypothermia often experienced by people with eating disorders.

### Physical activity

Excessive levels of activity may form part of an eating disorder. With their case manager's support, patients restrict their physical activity during treatment. The reduction of anxiety through the use of warmth also reduces excessive exercise. As treatment progresses, patients return to normal levels of activity.

### Social reconstruction

To re-establish normal social behaviours, patients set short and long term goals during treatment with their case manager. Goals may include planning to return to school or work, reconnecting with friends and finding new interests. Self-esteem grows as they achieve the goals they have set.

