



18 October, 2007

OPEN DAY – MANDOMETER EATING DISORDERS TREATMENT

Parents of children with eating disorders, sufferers and health care professionals are invited to an Open Day on Saturday, 27 October, of the successful Swedish Eating disorder treatment program, Mandometer.

Mandometer claims that the depression and anxiety associated with eating disorders are the result of starvation rather than the causes. The program teaches sufferers how to eat normally without the use of anti-depressants, after which the symptoms of mental illness disappear.

Treatment Program founders, Dr Cecilia Bergh and Prof Per Sodersten, will be in Melbourne from Sweden for the Open Day at the Mandometer clinic, Brighton, along with cured patients, their parents and case managers.

Trial demonstrations will take place of the Mandometer, a computerised scale which guides patients towards normal eating; and research literature will be on hand.

“Visitors will have the chance to inspect the Mandometer and the warm rooms which help reduce anxiety and excessive exercise which follows eating for sufferers of anorexia and bulimia,” said founder Dr Bergh.

“Mandometer has brought 360 patients to full remission and has a 75 percent clinically proven success rate worldwide.”

“More than 50 Australians have been treated either at the Melbourne clinic or at our inpatient facilities in Sweden.”

Australians successfully treated have gone into remission in 7.9 months, just half the time of Swedish patients. The relapse rate is less than 10 percent.

Treatment includes an individualised program working one-on-one with a case manager and being trained on the Mandometer. Patients are provided with a Mandometer and a special warm, anxiety-reducing jacket so they can continue the treatment in their own home and when they go out. The program also includes building self-esteem and helps repair social life.

<p>WHAT: Mandometer Open Day WHEN: Saturday, 27 October, 2007 TIME: 10am-2pm WHERE: 412 Bay Street, Brighton (enter via Hampton Street)</p>

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