

MEDIA RELEASE
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AROUND-THE-CLOCK CARE FOR EATING DISORDER SUFFERERS

Australians suffering from eating disorders will now have access to vital 24 hour care under the successful Swedish Mandometer Treatment program, following the opening of a clinic in Mornington today.

The Mandometer Mornington clinic will be partnering with The Bays Hospital to provide in-patient care where required, increasing the delivery of much needed eating disorder services in Australia. The new clinic will eliminate the stress and cost of sending patients overseas for treatment.

"We are very pleased to be able to finally offer our comprehensive program in Australia and provide eating disorder sufferers with the level of care they deserve," said Dr Cecilia Bergh, founder of Mandometer.

"With one in every 100 Australian adolescent girls developing Anorexia Nervosa, approximately five in 100 Australians developing Bulimia Nervosa, and recent research showing that Australia has one of the highest rates of Anorexia in boys in the world, we are confident that the new service offering will be welcomed by families, patients and the medical community."

The Mandometer Treatment teaches patients how to eat normally again. This is based on the premise that depression and anxiety associated with eating disorders are the result of starvation and disordered eating, rather than the cause. The program utilises an interactive biofeedback device which guides patients towards normal eating behaviour.

"Since opening our first Australian out-patient clinic in Brighton in 2006 we have experienced an overwhelming level of demand for services, treating patients from all around the country and New Zealand," said Dr Bergh.

"Here in Australia, our patients range in age from 13 to 30, and in Sweden we've helped both female and male patients as young as 9 and up to 65 years of age.

"We do not have any age limit on who we treat, as unfortunately eating disorders affect people of all ages.

"Regardless of their diagnosis or the degree of its severity, randomized controlled trials have found that 75% of patients experience a full recovery and have less than a 10% chance of relapsing."

Mandometer Australia is a private organisation and patients fund their own treatment, receiving limited support from selected health funds.

"Now that we have our complete program available in Australia, our next goal is to establish much needed funding support for patients from both health funds and the Government," said Dr Bergh.

"With eating disorders affecting so many young Australians, we need to make sure they can access the help and support they need regardless of their financial situation."

The Mandometer Mornington Clinic is located at 883 Nepean Highway, Mornington. To arrange a tour of the clinic, please contact Hayley Gallery on (03) 5976 0666. More information on the Mandometer Treatment can be found at www.mandometer.com.au.

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