

EATING DISORDERS & TYPE 1 DIABETES

Melrose Center is a leader in providing specialized care for individuals with both type 1 diabetes and an eating disorder. We understand the complexity of this dual diagnosis, and our expert team of psychologists, dietitians, doctors, nurses and other specialists are highly experienced with both issues. We work in partnership with the International Diabetes Center and the endocrinology department at Park Nicollet to coordinate care.

Individuals with type 1 diabetes are more susceptible to an eating disorder than the general population given the increased focus on diet and carbohydrate intake. This dual diagnosis can be life-threatening due to the possibility of omitting or restricting insulin.

Some signs that may indicate this dual diagnosis include:

- an increase in Hemoglobin A1C
- erratic blood sugar levels
- changes in routine that may include eating patterns and diabetes care
- weight fluctuations
- extreme exhaustion or thirst
- forgetfulness or unclear thinking
- low mood swings with loss of interest in activities
- repeated hospitalizations for diabetic ketoacidosis

At Melrose Center, our specialized treatment options for those with both an eating disorder and type 1 diabetes include participation in all regular eating disorder recovery programming as well as the following additional groups and programs:

- Diabetes education groups taught by a certified diabetes educator (CDE) help patients learn more about diabetes while practicing healthy skills with peers.
- Individual appointments with endocrinologists, certified diabetes educators, dietitians, and psychologists provide specialized diabetes care, education and support.
- Meal groups for patients with type 1 diabetes give patients the opportunity to eat together and work on carbohydrate counting, portions and proper insulin doses with a certified diabetes educator.
- Core strategy and recovery groups help patients find a balance of normal eating and diabetes control through meals, therapy and education.

For more information, or to schedule an initial assessment, call 952-993-6200.

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