

# IAEDP Tucson Education Event

## Edward P. Tyson, MD

### *Running on Empty: Athletes and Eating Disorders*

**Date:** Wednesday, April 8, 2015

**Time:** 7:45am - 8:15am Check In, Breakfast & Networking  
8:15am - 11:30am Announcements & Presentation

**Location:** Tucson Scottish Rite Temple  
160 S. Scott Avenue, Tucson, AZ 85701  
(520) 622-8364

**Registration:** <http://tucsoniaedp.com/events>



*Edward P. Tyson, MD*

**IAEDP Members:** \$30      **Non-Members:** \$35  
**Students:** \$10      **At the door:** \$40

**This intermediate presentation is designed to help you:**

1. Recognize the need for special considerations of the athlete with an eating disorder and how they are at particular risk.
2. Identify the physical parameters that help predict when an athlete is suffering physical consequences of an eating disorder.
3. Address simple, objective measures to initiate and progress training and reconditioning of someone recovering from an eating disorder.

**Description:** Athletes, including those in the elite and professional ranks, can develop EDs. Traditionally, significant exercise has not been a major or consistent component of treatment in most programs. However, fitness is necessary for all persons, and those with EDs need to safely incorporate it into their lives and possibly careers. This workshop will discuss why athletes are more prone to EDs, how to detect EDs in athletes earlier, when and how to safely incorporate exercise, fitness, and sport training into treatment. Dr. Tyson will focus on special issues with athletes and ways non-medical, as well as medical professionals, can better screen for and interpret problems with athletes and any other clients with an Eating Disorder.

**Dr. Tyson** has specialized in eating disorder treatment for over 25 years. A national and international speaker, he shares his expertise and experience in the field of eating disorders with professionals and others. Dr. Tyson is involved with the National Eating Disorder Association, the International Association for Eating Disorders Professionals and the Academy of Eating Disorders. Co-author of the Academy of Eating Disorder's (AED) Medical Guide for Eating Disorders, he also authored a chapter on medical assessment for "Eating Disorders—Bridging the Research-Practice Gap". A member of the AED's Advisory Board and the Binge Eating Disorder Association, he teaches medical, nursing, graduate and undergraduate students at the University of Texas. He trains residents in the family practice and pediatrics program as well as the nurse practitioner program at UT. Advocacy is a priority for Dr. Tyson and he has developed legislation in the state of Texas mandating insurance coverage for eating disorder treatment. Sports injuries and rehabilitation are additional areas of expertise.

**This workshop is appropriate for:** Mental health professionals, physicians, nurses, dieticians, nutritionists, sports physiologists, coaches and trainers and any other helping profession with an interest in learning more about the prevention, treatment and recovery from an eating disorder.

**CE Credit: 3 Continuing Education Credits available:** MFT, LCSW as required by the California Board of Behavioral Sciences. Approval #PCE3587. RN as required by the California Board of Registered Nursing. Approval #CEP 12719. Psychologists - This program is co-sponsored by Sierra Tucson and IAEDP Tucson. Sierra Tucson is approved by the American Psychological Association to sponsor continuing education for psychologists; Sierra Tucson maintains responsibility for this program and its content.

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