
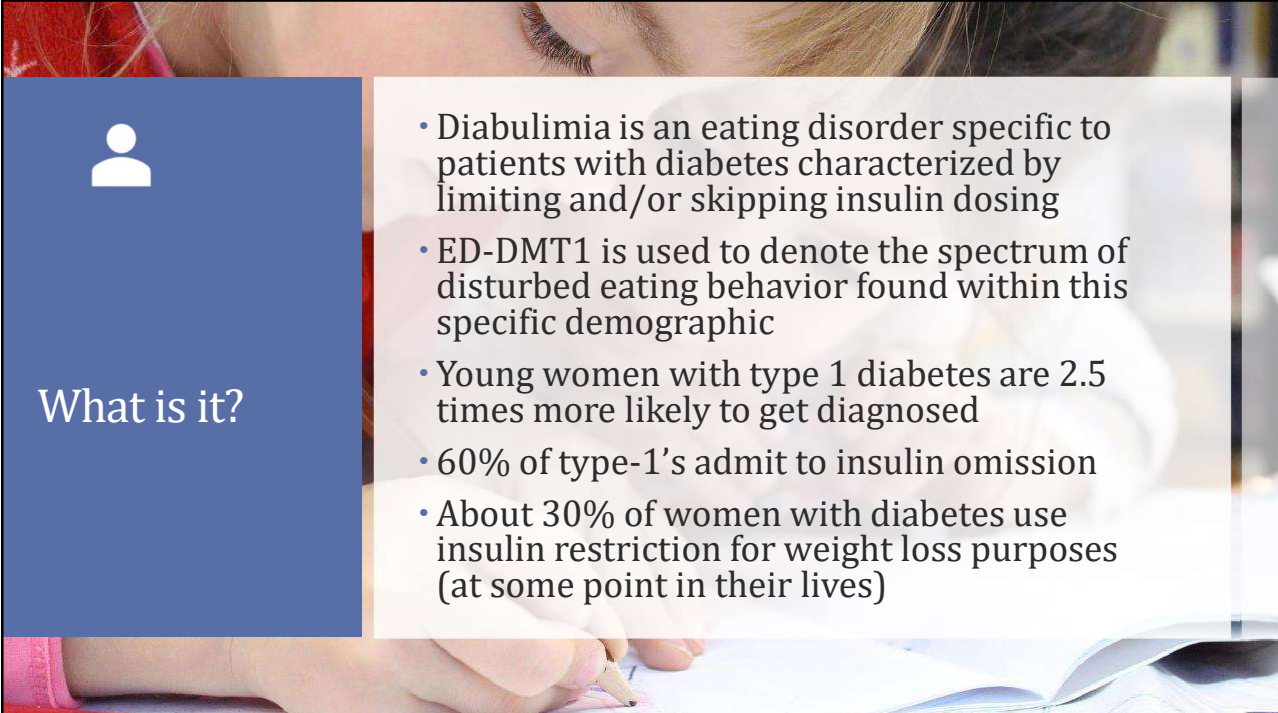


# 7 Things You Should Know About ED-DMT1/Diabulimia

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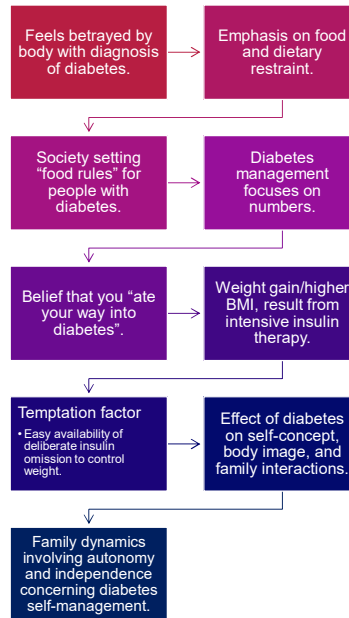


## What is it?

- Diabulimia is an eating disorder specific to patients with diabetes characterized by limiting and/or skipping insulin dosing
- ED-DMT1 is used to denote the spectrum of disturbed eating behavior found within this specific demographic
- Young women with type 1 diabetes are 2.5 times more likely to get diagnosed
- 60% of type-1's admit to insulin omission
- About 30% of women with diabetes use insulin restriction for weight loss purposes (at some point in their lives)

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## Why higher risk?

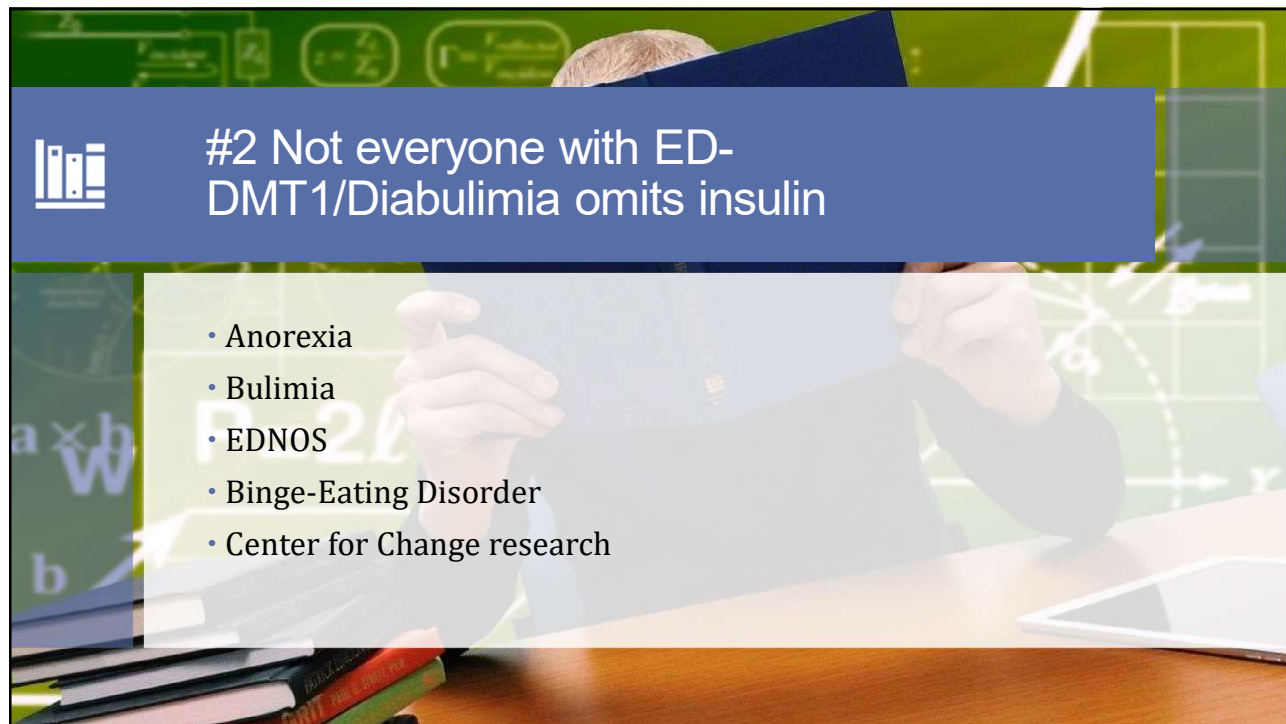



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## #1 Diabulimia/ED-DMT1 is not in the DSM-5

- First known case in the 1980's
- Diabulimia is a media-coined term
- How ED-DMT1 came about
- DSM5 diagnosis

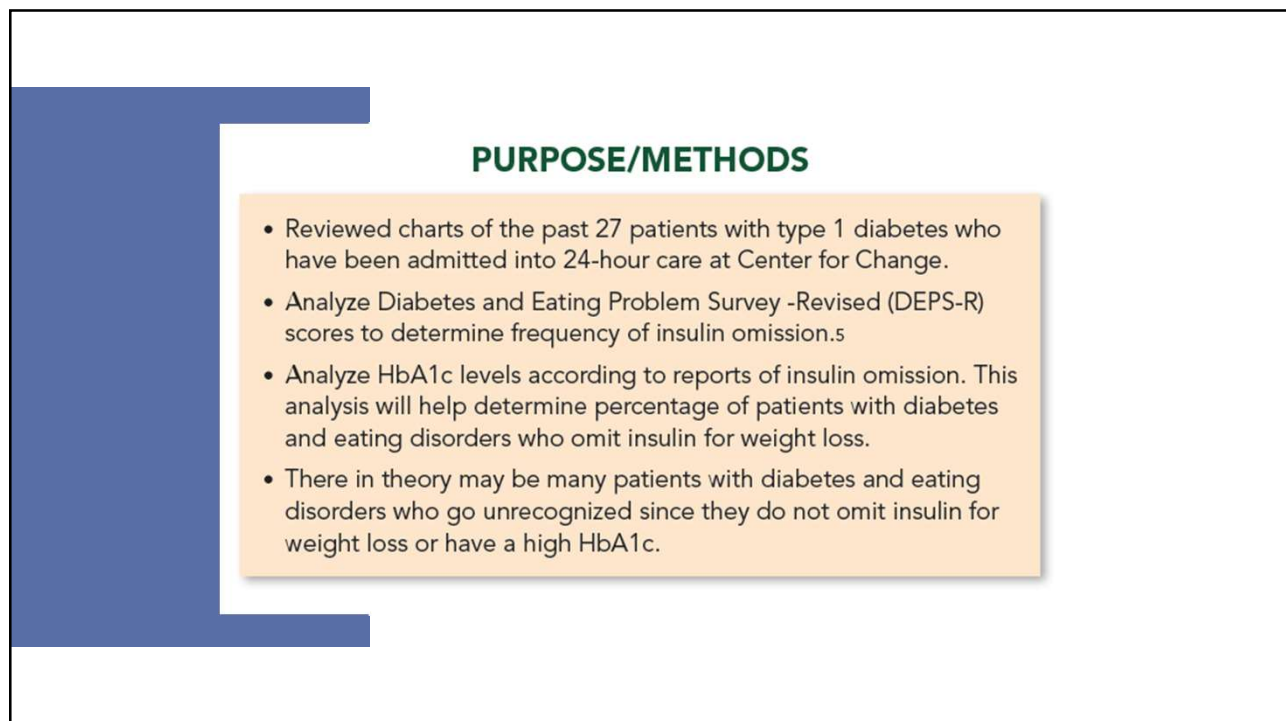
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 #2 Not everyone with ED-DMT1/Diabulimia omits insulin

- Anorexia
- Bulimia
- EDNOS
- Binge-Eating Disorder
- Center for Change research

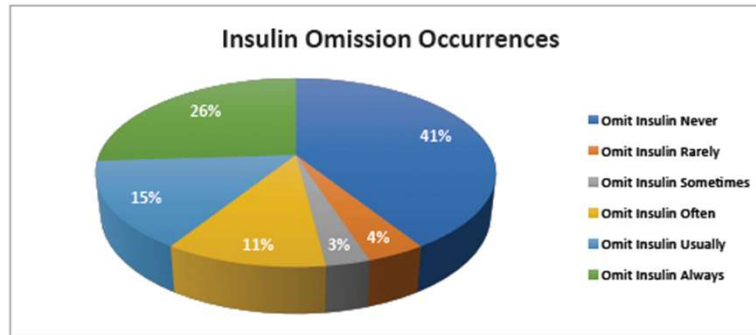
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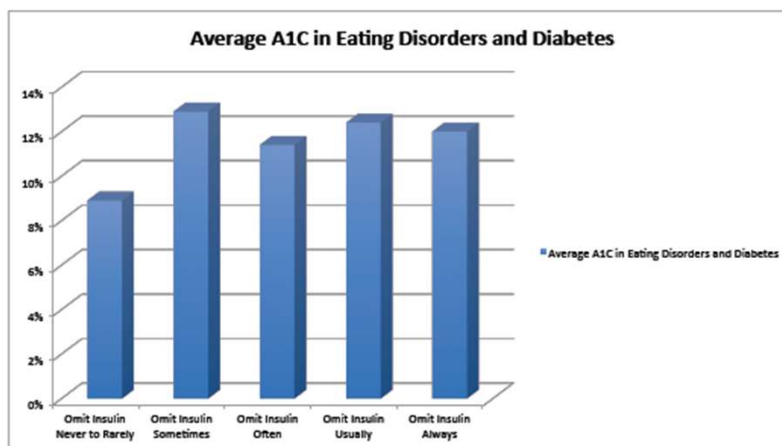
### PURPOSE/METHODS

- Reviewed charts of the past 27 patients with type 1 diabetes who have been admitted into 24-hour care at Center for Change.
- Analyze Diabetes and Eating Problem Survey -Revised (DEPS-R) scores to determine frequency of insulin omission.s
- Analyze HbA1c levels according to reports of insulin omission. This analysis will help determine percentage of patients with diabetes and eating disorders who omit insulin for weight loss.
- There in theory may be many patients with diabetes and eating disorders who go unrecognized since they do not omit insulin for weight loss or have a high HbA1c.

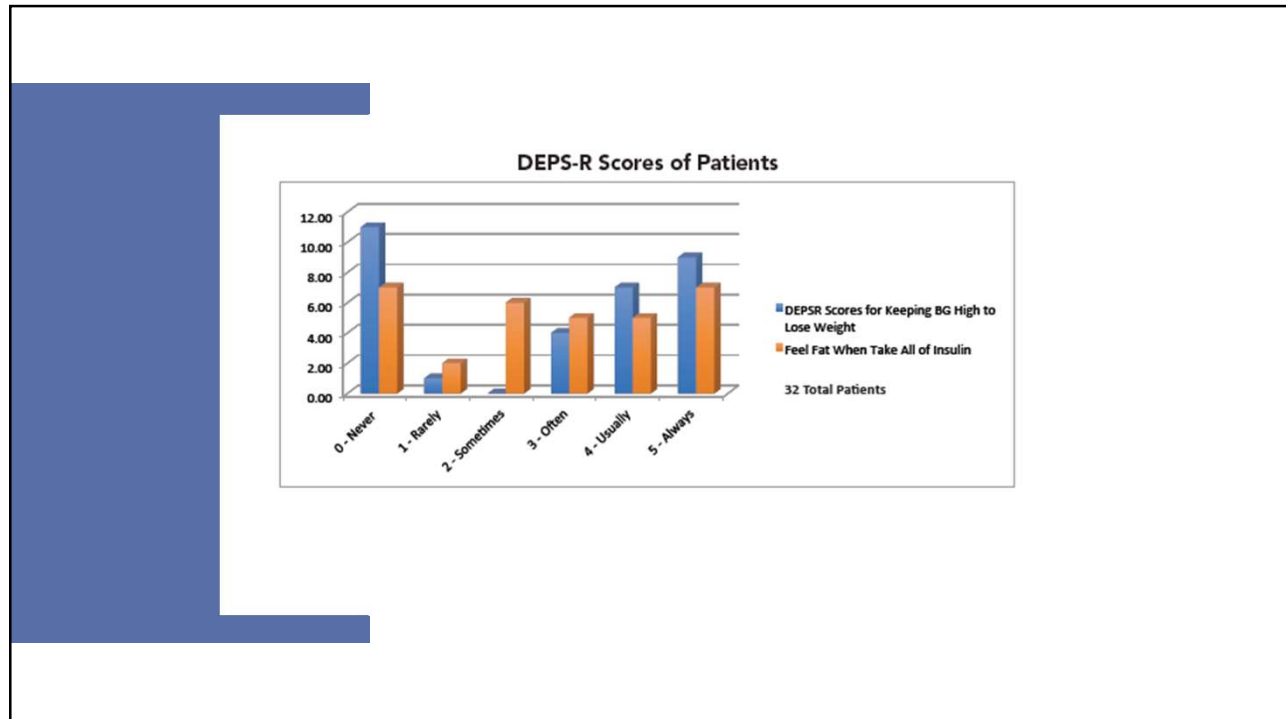
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### #3 Eating disorders are not a choice

- Caused by both genetic and environmental factors
- They're not a lifestyle choice
- Not about willpower
- Talking about them doesn't make people more likely to get diagnosed

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## #4 Profile of someone diagnosed can vary

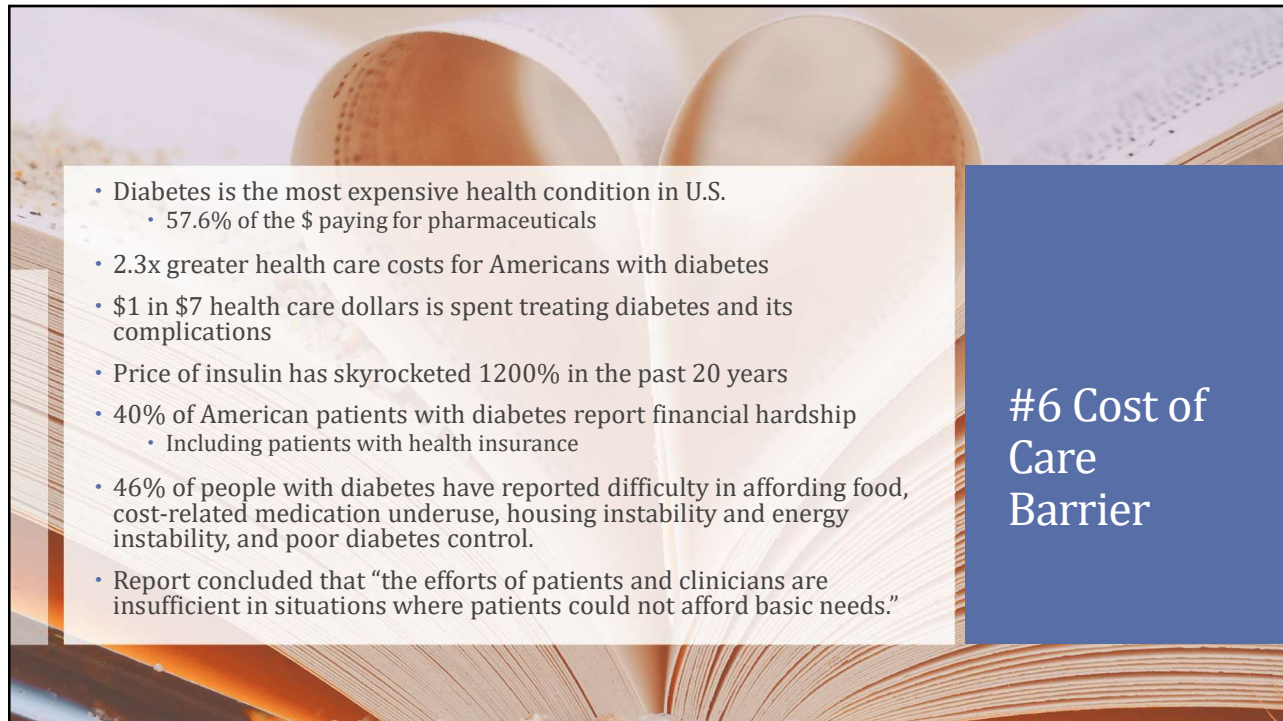
- 58% of type 1 diabetes cases were diagnosed when individuals were aged 30 years or younger
- Approximately 1 out of every 10 person with an eating disorder is male
- 1/3 of females will restrict insulin to lose weight
- 1/6 of males will restrict insulin to lose weight
  - Men not studied broadly
- Binge eating disorder affects 50% women and 50% men, but this is primarily with Type 2 diabetes

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## #5 Family Disease

- Reality when diagnosed with type 1 diabetes
  - Family component
- How a parent models coping with the stress, will depend on how the child does
- Mother is in position as main communicator.
- A lack of involvement between parent and child led to, "...collaboration is associated with less depressive symptoms and more positive emotion, with support associated with less depressive symptoms for children".
- Treatment ED-DMT1/Diabulimia

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- Diabetes is the most expensive health condition in U.S.
  - 57.6% of the \$ paying for pharmaceuticals
- 2.3x greater health care costs for Americans with diabetes
- \$1 in \$7 health care dollars is spent treating diabetes and its complications
- Price of insulin has skyrocketed 1200% in the past 20 years
- 40% of American patients with diabetes report financial hardship
  - Including patients with health insurance
- 46% of people with diabetes have reported difficulty in affording food, cost-related medication underuse, housing instability and energy instability, and poor diabetes control.
- Report concluded that “the efforts of patients and clinicians are insufficient in situations where patients could not afford basic needs.”

## #6 Cost of Care Barrier

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## #7 There is no cure

- There's no past tense with this co-morbidity
- Ongoing triggers
- No cure for diabetes

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## Communication Tips

1. No judgement or blame (on them or you)
2. Avoid diet talk
3. Don't be the food police
4. Avoid body-focused compliments
5. Educate yourself
6. Avoid talk of numbers
7. It's not just about weight and appearance
8. You can't force someone to get help

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## Treatment and Recovery: it's a process



MULTIDISCIPLINARY  
TEAM



DIABETES INFORMED  
TREATMENT COMBINED  
WITH



STANDARD OF  
TREATMENT  
TECHNIQUES/THERAPIES



PERFECTIONISM –  
ATTAINABLE GLUCOSE  
TARGET GOALS

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