



## About the Author

- Trained at Harvard, Boston University, and Yale
- One of the only board-certified outpatient internal medicine certified eating disorders specialists (CEDs) in the US
- Internationally-renowned speaker
- Founder of the Gaudiani Clinic which offers telemedicine treatment throughout the US and consultation to international patients
- Former medical director of ACUTE Center for Eating Disorders
- Widely published in academic journals and blogs

*"I have longed for Dr. Gaudiani's expertise to be more widely available. She has thought very carefully about the subject and been exemplary in the medical aspects of eating difficulties. I know this will be an important contribution to the field."*

— Dr. Susie Orbach, psychotherapist and author of *Fat is a Feminist Issue*, *Hunger Strike* and *Bodies*

## A Guide to the Medical Complications of Eating Disorders

(Routledge, 2018)

Jennifer L. Gaudiani, MD, CEDS, FAED

Patients with eating disorders frequently feel that they aren't "sick enough" to merit treatment, despite medical problems that are both measurable and unmeasurable. They may struggle to accept rest, nutrition, and a team to help them move towards recovery. *Sick Enough* offers patients, their families, and clinicians a comprehensive, accessible review of the medical issues that arise from eating disorders by bringing relatable case presentations and a scientifically sound, engaging style to the topic. Using metaphor and patient-centered language, Dr. Gaudiani aims to improve medical diagnosis and treatment, motivate recovery, and validate the lived experiences of individuals of all body shapes and sizes, while firmly rejecting dieting culture.

### About the Book's Audience

- Individuals struggling with an eating disorder
- Individuals with a history of dieting
- Eating disorder-recovered individuals with continued medical complications/issues
- Parents and loved ones of individuals affected by an eating disorder
- Clinical specialists of all disciplines (e.g., therapists, dietitians, social workers, physical and occupational therapists, speech language pathologists, nurses, advanced practitioners)
- Physicians of all specialties (e.g., psychiatry, internal medicine, pediatrics, OBGYN, endocrinology, gastroenterology, sports medicine, etc.)
- Athletic trainers and coaches
- Social justice advocates
- Health At Every Size® specialists
- Journalists reporting on eating disorders, issues surrounding weight, mental health, etc.

### Key Concepts Explored in this Book

- Dieting
- Eating Disorders
- Mental Health
- Healthcare
- Telemedicine
- Social Justice
- Weight and Size Discrimination
- "Obesity Crisis"
- Health At Every Size®

*"Dr. Jennifer Gaudiani truly 'gets it'! Sick Enough should be required reading for those who suffer with eating disorders, family members, as well as professionals. This book is a lifesaver."*

— Jenni Schaefer, author of *Life Without Ed*, *Almost Anorexic*, and *Goodbye Ed, Hello Me*

