

For Immediate Release:**October 6, 2022****Eating disorders clinic marks 10-year milestone**

(London, Ontario) – The Adult Eating Disorders Service (AEDS) at London Health Sciences Centre (LHSC) marks 10 years of providing community-based programming, helping more than 1,400 patients receive care through its outpatient, day treatment and residential services.

Developed in 2012 to meet the needs of adults requiring treatment for anorexia nervosa, bulimia nervosa, binge eating disorder and other specified feeding or eating disorders, the centre provides a holistic approach to supporting adults impacted by this disease. The first and only of its kind in Ontario, AEDS offers a 20-week residential program and receives more than 300 referrals per year. This residential program provides 24-hour care to support patients with their therapeutic goals and helps educate families and friends about eating disorders and how they can best support them.

“We know eating disorders have a significant impact on individuals, families and communities, and recovery involves physical, psychological and emotional changes that require highly specialized treatment,” said Elizabeth Phoenix Nurse Practitioner with AEDS who has been with the program since its inception. “Individuals need to know that there is help available to them close to home, and close to their support network of family and friends. For more than 10 years, AEDS has helped hundreds of patients recover and thrive. Navigating the demands of the pandemic, the program has evolved to offer virtual treatment that has increased accessibility to treatment for individuals across Ontario.”

In partnership with the Canadian Mental Health Association, Thames Valley Addiction and Mental Health Services, AEDS has provided support to the counties of Huron, Perth, Oxford and Sarnia–Lambton as well as London. Recognizing eating disorders impact approximately 1 million Canadians, the program continues to look for innovative ways to expand its service model. For example, a 10–week residential condensed treatment program is being evaluated that will ultimately help reduce waitlists and length of treatment by half.

“In January 2019, at the age of 62, I entered the day program suffering from an eating disorder I have had since I was 12,” said Jocelyn Rasmussen, a former patient. “My ability to eat sensibly while taking medication to battle another condition compounded the problem. When I entered the program and learned the science behind the cycles of bingeing and purging, I finally understood how harmful these eating habits were. To this day, I continue using the program tools and materials that restored me to a healthier life. I am so grateful to this program for helping to turn my life around.”

Quick Facts

- Established in 2012 AEDS moved to its current location in 2016 and is the only residential treatment program in the province
- The residence is in a community–based location and can accommodate up to eight residents
- Length of stay in the residence is determined in collaboration with the patient and the Day Treatment Service team and is typically four weeks in length and requires a physician referral to access services

About London Health Sciences Centre

With roots going back a century and a half, London Health Sciences Centre (LHSC), is an award–winning, research–intensive acute tertiary and quaternary teaching hospital, one of only 14 such hospitals in Ontario. LHSC is also home to Children’s Hospital, one of just four acute tertiary care paediatric hospitals in the province. Our unique place in the health system positions us well to inform and advise on provincial, national and international health policy. We are the cornerstone of care for many specialized programs and services in Western Ontario. And, as a major provider of emergency care and through our community hospital mission, we also care for the more than 400,000 people who call London home as well as many in surrounding communities. With Ontario’s health system continuing its transformation, LHSC has an opportunity to

inform it and to place itself at the locus of the regionalized health system by virtue of its size, specialized capabilities, research and education capacity and its current regional footprint. LHSC's formal relationship and strong bond with Western University provide a mechanism for collaboration to enable the delivery of high-quality care through a process of continuous learning and research. At its core, the affiliation is a reciprocal relationship that leverages the learning, teaching and care environments of both Western University and LHSC. LHSC is a 15,000 person strong team of physicians, staff and volunteers – collaborators, innovators and pioneers, meeting the care needs of those we serve and charting a course for the future.

###

For more information contact:

Steve Young

Media Relations Consultant

London Health Sciences Centre

(519) 685.8500 x 77767

Steve.young@lhsc.on.ca

After-hours assistance:

Call LHSC Switchboard at 519-685-8500 and ask to page the communicator on-call.

Visit the LHSC [Media web site](#)

Like us on Facebook at [London Health Sciences Centre \(LHSC\)](#), follow us on Twitter [@LHSCCanada](#) and watch us on YouTube at [LHSCCanada](#).