

World Congress on

# Eating Disorders, Nutrition & Mental Health

September 12-13, 2016 Philadelphia, USA

**Seda Ebrahimi**

Cambridge Eating Disorder Center, USA

## Eating disorders in middle aged women

This presentation will discuss the phenomenon of eating disorders among women who are 25 and older. Because of the myth that eating disorders occur only among female adolescents and very young adults; both the medical and mental health communities have overlooked the needs of these women. This presentation will review the prevalence rates, clinical presentation, co-morbidities and contributing factors to the development of the eating disorder among midlife women. It will also discuss how eating disorders in midlife are different from eating disorders in youth and eating disorders in men. Challenges facing individuals who suffer from eating disorders in midlife will also be touched upon about as well as access to care. Finally, types of treatment and ingredients of successful recovery will be reviewed.

## Biography

Seda Ebrahimi received her PhD in Clinical Psychology from Pennsylvania State University. She is a member of Academy for Eating Disorders, International Association of Eating Disorder Professionals and American Psychological Association. She continues to lecture and provide presentations at conferences and academic institutions. She has also been involved in patient advocacy at the local and national level.

[seda@cedcmail.com](mailto:seda@cedcmail.com)