

## Sports Physicals: Making the Cut

Sources of Information and Help  
(Book links are to [Amazon.com](http://Amazon.com))

- [\*Full Mouse, Empty Mouse\* by Dina Zeckhausen, Ph.D.](#)
- [\*When Food Is Love\* by Geneen Ross](#)
- [\*Intuitive Eating\* by Evelyn Tribole and Elyse Resch](#)
- [\*The Rules of "Normal Eating"\* by Karen Koenig](#)
- [\*The Body Betrayed\* by Kathryn Zerbe](#)
- [\*I'm Like So Fat! Helping Your Teen Make Healthy Choices About Eating and Exercise in a Weight Obsessed World\* by Dianne Neumark-Sztainer](#)
- [\*Parents Guide to Eating Disorders\* by Marcia Herrin & Nancy Matsuoto](#)
- Dr. Reddy's page on eating disorders [www.drreddy.com/eatingdisorders/](http://www.drreddy.com/eatingdisorders/)
- National Eating Disorders Association (NEDA): [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
- Something Fishy Website on Eating Disorders:

Our Read-Aloud program is supported by a grant from the John E. Fetzer Institute.

With spring sports well on their way and summer training already being organized, students need to worry about making the cut, as well as their grades. Here are a few points to ponder as those students who are struggling with eating disorders try to stay in the game.

**HIPAA?** If the parents have not authorized the doctor or therapist to speak to a coach or school staff about their child, medical and mental health codes may prevent that caregiver from speaking up. Consequently, it may fall on the coach and staff to note the warning signs and take precautions to make sure that their athletes are healthy and able to perform at their best.

**If they are doing well, why not?** Eating disorders can cause severe health problems that may not be immediately apparent and may not be fully reversible. Athletes may still be able to perform well even though the illness has already affected their health. For example, anorexia can lead to a loss in bone calcium, making the athlete's bones more prone to breaking.

**What are the signs?** Watch your athletes' weight goals, eating habits and attitudes. Keep in mind that these young people need to maintain a

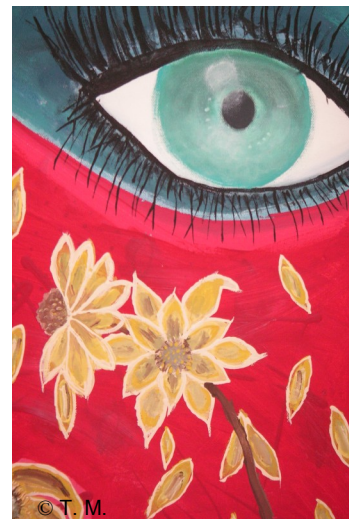
healthy weight that will sustain their growth and development. A student exerting himself in practice and competition will need more energy (i.e. more food) than a sedentary student. Are your athletes adjusting their food intake to match their energy needs, or are they cutting back or counting their calories?

### What do you see?

Are they.....

- avoiding group/team snacks and meals?
- playing with their food or giving it away rather than eating it?
- losing weight?...Have they been checked by a doctor and received a medical clearance for the designated athletic activity?
- avoiding getting a check-up to clear them for the designated athletic activity?
- showing signs of exhaustion or complaining of being cold?

There are many symptoms that could be warning signs. However, it is up to you to follow basic precautions and listen to your inner voice that may try to warn you that all is not as it should be.



### ***"Full Mouse, Empty Mouse: A Tale of Food and Feelings"***

As part of our grant funded educational program, SMEDA members will be available to read the story "*Full Mouse Empty Mouse: A Tale of Food and Feelings*" by Dina Zeckhausen to third-grade classrooms beginning in March, 2011.

This book discusses how mice siblings incorrectly use food to cope with stress in their lives. It provides a basis for further discussion by one of our professionals that may include pubertal changes, healthy ways to cope with stress and the importance of communication within the family. If you would like to schedule a reading, please contact

mouse@  
swmichiganeatingdisorders.org