

Mandometer Clinic has Breakthrough in Treating Anorexia and Bulimia

Stockholm, Sweden 18 December 2013 – The Mandometer Clinic announces the publication in the American Psychological Associations' journal *Behavioral Neuroscience*, 127, 878–889, DOI:10.1037/a0034921, its groundbreaking study on *Effective Treatment of Eating Disorders: Results at Multiple Sites*. Anorexia nervosa, bulimia nervosa and other eating disorders are serious health issues in young women, today an estimated 30 million people in the United States alone and internationally up to 1.5% of the population may be affected by an eating disorder. Mandometer Clinic's treatments have now been shown to have far better results and are more cost effective than traditional psychiatric and drug therapies.

The study surveyed over 1400 patients treated over the last 18 years at Mandometer Clinics in Sweden, Holland, the United States and Australia. Mandometer co-founder and lead researcher, Cecilia Bergh, PhD, commenting on the study pointed out that:

- Within 12.5 months on average 75% of all patients were free of symptoms
- Only 10% of patients relapsed over 5 years.
- No patients died

This compares with traditional treatments in which less than half of all patients respond to treatments; rarely do patients become symptom free; the majority relapses within one year, and mortality rates can go as high as 18%.

The key to these high success rates is the method pioneered by Dr. Bergh and Prof. Per Södersten and their team at the Karolinska Institute in which eating disorder patients re-learn normal eating and satiety patterns using a feedback device developed called the Mandometer. Dr. Bergh and Prof. Södersten explained that providing a controlled and supportive environment to re-learn eating behaviors is important to the overall success of the method. Once patients normalize eating patterns they no longer feel rewarded for eating less or purging. Psychiatric symptoms begin to lessen and subsequently cease. Patients can then return to a normal social and work life.

Additionally, because patients using the Mandometer method have minimal levels of relapse the overall cost of treatment is significantly reduced. It is estimated that compared with traditional treatments the Mandometer Clinic's methods can save up to \$700,000 USD (€515,000) per patient, an important factor in all economies.

To learn more about the Mandometer Clinic's treatments and methods the firm's web site is: <http://www.mandometer.com>.

About Mandometer Clinics

Mandometer Clinics are part of the Mando Group AB, founded by Dr. Bergh and Prof. Södersten after many years of researching eating behavior and satiety at the Karolinska Institute, Sweden's leading medical school. Mando Group's main office and largest clinic are located in the Science Park of the Karolinska Institute, at the Karolinska University Hospital in Huddinge. The main clinic offers a 16-bed in-patient facility with 24-hour care, patient/family hostel and outpatient services. The clinics located in the Stockholm area (Huddinge and Danderyd) and Alingsås, New York, USA and Melbourne, Australia,

provide outpatient services. In addition, to treating eating disorders, Mando Group also offers treatments for obesity and weight loss.

Cecilia Bergh and Per Södersten are available for interviews via telephone or video.

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