



# Maryland State Board of Dietetic Practice

4201 Patterson Ave  
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[www.dhmh.maryland.gov/  
bodietpract](http://www.dhmh.maryland.gov/bodietpract)

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## INSIDE THIS ISSUE:

|                                                           |     |
|-----------------------------------------------------------|-----|
| Online Renewals                                           | 1   |
| Eating Disorders: An Overview<br>for Health Professionals | 2-4 |
| Etcetera & Sundry                                         | 5   |
| New Licensees                                             | 5   |

**Current Mar-  
yland  
Licensees:**  
1,559—Licensed  
Dietitian-  
Nutritionists

## Board Members

- \* Doris F. Henning—Chair,  
Administrative
- \* Melanie Brooks—Vice Chair,  
Clinical Dietetic Practice
- \* Sandra Kick, Secretary—  
Consumer
- \* Debra D. Schulze—Consulta-  
tion & Private Practice
- \* Margo S. Gladding—  
Licensed Nutritionist
- \* Lauren I. Mirkin — Licensed  
Nutritionist
- \* Paul E. Araujo, Ph.D.—  
Education
- \* Judith Feola-Gordon —  
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Dietetic Practice
- \* Sharon Bunch—Consumer

## Board Staff:

- Marie M. Savage—Administrator  
Lenelle Cooper—Administrative  
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Delia Schadt—Board Counsel, AAG

## 2011 Online License Renewals

Maryland licensed dietitian-nutritionists who are eligible to renew in 2011 will receive an instruction letter from the Board in early August. Please check if the expiration date on your license is October 31, 2011. If so, you will be able to go to the Board's website at [www.dhmh.maryland.gov/bodietpract](http://www.dhmh.maryland.gov/bodietpract) starting **September 7, 2011** to renew your license.

**Please be advised that the instruction letter will be your only renewal notice.** You may renew online between September 7, 2011 through October 31, 2011. Please note that online renewals between November 1, 2011 and December 31, 2011 will be assessed a \$100 late fee.

### Before you begin, you will need the following:

1. Your Maryland Board of Dietetic Practice License Number and Social Security Number.
2. Computer with Internet Access and a printer. You will print a copy of your application and invoice or receipt.
3. Continuing Education records.
4. Visa or MasterCard. You may also mail a check or money order to the Board.

### To Renew Online:

1. Go to the Board's website at [www.dhmh.maryland.gov/bodietpract](http://www.dhmh.maryland.gov/bodietpract) and click **RENEW ONLINE**.
2. Read the instructions and click **LOGIN** to proceed to the Logon Screen.
3. Enter your **Board of Dietetic Practice License Number. D, DX, B, THEN THE NUMBER (i.e., D Zero # # # #)**.
4. Enter the **last 4 digits of your Social Security Number**.
5. Fill in the information as requested. (Note that some fields may already be completed) Please note that when you renew online, no paperwork is required. You will list a minimum of **30 CEUS** electronically by category between 11/1/09 - 10/31/11. The Board will conduct a random audit after the renewal period.
6. Prior to selecting a method of payment, you must certify that all information in the application is accurate.
7. Preview your application and then click **Submit Application**. Please note that once submitted the application cannot be changed. Print and maintain a copy of your application.

### Payment Methods:

1. Select Visa or MasterCard credit card payment. The 2011 renewal fee is \$278. Only click once to confirm payment. Applications will be processed within 1-2 business days. **OR**
2. Select **PAYMENT BY MAIL**. You may mail a check or money order in the amount of \$278 to the Maryland Board of Dietetic Practice. Your license will not be processed until payment is received. The Board must receive payment on or before October 31, 2011. Payments received between November 1, 2011 and December 31, 2011 will be assessed a \$100 late fee.

If you are unable to complete your application online for any reason, please contact the Board at (410) 764-4733.

If your license expires on October 31, 2011 and you do not renew by December 31, 2011, you are considered to be practicing without a license and are subject to a Cease and Desist order and disciplinary action. In addition, licensed dietitian-nutritionists who have not completed the entire renewal process by December 31, 2011, are required to apply for reinstatement and pay a reinstatement fee of \$578 in order to practice dietetics in Maryland.

### INACTIVE STATUS

Licensees who are not planning to renew, may apply for inactive status before December 31, 2011. The inactive status fee is \$75. You may download the inactive status form from the Board's website at [www.dhmh.maryland.gov/bodietpract](http://www.dhmh.maryland.gov/bodietpract).

## Eating Disorders: An Overview for Health Professionals

By Lauren Mirkin, MS, CNS, LDN, LGPC

Have you ever worked with someone who you suspected had an eating disorder? Were you perplexed or baffled by their behaviors around food and eating? Were you perhaps even annoyed by their rigid behavior and intense preoccupations with calories or grams of fat? Here are some basic facts and educational resources to help you develop more confidence in working with these challenging clients and directing them to the right professionals.

### How widespread are eating disorders?

According to the National Eating Disorders Association, up to 10 million females and 1 million males in the U.S. are struggling with life-threatening eating disorders such as anorexia or bulimia, and millions more are affected by binge eating disorder. The mortality rate can be upwards of 20% overall; in fact, anorexia nervosa, one of the most common forms of eating disorders, has the highest mortality rate of any mental illness. Many prominent health authorities consider eating disorders to be vastly under-diagnosed and under-treated, and they caution that the incidence is rising.

### What are the most common types of eating disorders?

There are three officially recognized types of eating disorders, according to the DSM-IV-TR, which is the current version of the Diagnostic and Statistical Manual of Mental Disorders. A fourth disorder is still considered to be in the research stage and does not yet have official diagnostic criteria. It may get official recognition in the new edition that is slated for publication in May 2013.

The three currently recognized disorders are as follows:

- **Anorexia Nervosa** (diagnostic code 307.1) has two subtypes: restricting and binge-eating purging. The hallmark of anorexia is the refusal of the person to maintain a minimum normal body weight.
- **Bulimia Nervosa** (307.51) also has two subtypes: purging and non-purging. This disorder is marked by the consumption of abnormally large amounts of food, followed by compensatory behaviors to prevent weight gain, such as self-induced vomiting or the use of laxatives.
- **Eating Disorder NOS** (not otherwise specified) (307.50) describes disorders that do not fully or neatly meet the diagnostic criteria of either of the above two disorders.

The fourth disorder, still under consideration for inclusion in the DSM, is **Binge-Eating Disorder**. This condition is marked by repeated episodes of binge eating without the compensatory behaviors seen in bulimia.

Interested dietitians and nutritionists are encouraged to read the sections on each disorder in the DSM itself, or to consult *The Eating Disorders Clinical Pocket Guide*, by Jessica Setnick, RD.

### What are the medical consequences of eating disorders?

Eating disorders can result in a wide range of serious medical complications, such as loss of menstrual cycle, weakness, dizziness and fatigue, irregular heartbeat and chest pain, frequent cavities, and sore or burning mouth or throat. Long-term consequences may include osteoporosis, kidney dysfunction and

chronic constipation.

### **What are the warning signs of eating disorders?**

Patients or clients who exhibit behaviors such as the following may be developing or experiencing an eating disorder: changes in eating habits or drastic weight changes; a tendency to order food in small amounts; drinking a lot of diet soft drinks; expressing guilt about eating; defensiveness about food and weight; watching others eat but not eating themselves; and preoccupation with food.

### **What risk factors may contribute to the development of eating disorders?**

Emotional and social factors that may contribute to the development of an eating disorder include low self-esteem; perfectionist standards; a history of trauma; hypersensitivity to media influences or social messages about body size and shape; and difficulty with personal identity.

According to the authors of *Surviving an Eating Disorder*, “An eating disorder is not merely a problem with food or weight. It is an attempt to use food intake and weight control to solve unseen emotional conflicts or difficulties that have little to do with either food or weight. Healthier eating habits and stronger willpower are not the missing ingredients that will make the problem disappear.”

### **How are eating disorders treated?**

Because of the complex etiology and potentially serious symptoms and complications of eating disorders, they are typically treated with a team approach. An internist or pediatrician typically monitors weight adequacy and runs lab tests as needed. A psychiatrist prescribes medications and monitors and treats comorbidities such as depression, anxiety, obsessive compulsive disorder, substance abuse and other mental health problems. An individual or family therapist works with the disordered thoughts, negative feelings and unhealthy behaviors that client presents with. The therapist will also help with the family relationships that are impacted by the eating disorder.

A dietitian rounds out the team by helping the client and her family with ideas, strategies and encouragement related to re-feeding, and educating the client about adequate amounts and types of foods. A dietitian may also be involved in facilitating family-coached meals and teaching skills related to food and eating, such as helping the client learn to identify when she is hungry and when she is satisfied.

Lastly, a client with an eating disorder may go to a weekly support group to share her experiences with others on the path to recovery and gain from the mutual support and education.

### **What resources are available to learn more?**

The following reliable and well-known websites should be helpful to a variety of health professionals looking to learn more about eating disorders. Information about CEUs is also available at most of these sites.

[www.anad.org](http://www.anad.org)

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

[www.renfrewcenter.com](http://www.renfrewcenter.com)

[www.bulimia.com](http://www.bulimia.com)

[www.understandingnutrition.com](http://www.understandingnutrition.com)

### **References**

1. American Psychiatric Association. (2000). *Diagnostic and statistical manual of mental disorders*. (4th ed.-TR). Arlington: Author.
2. American Psychiatric Association. *Let's talk facts about eating disorders*. Retrieved July 10, 2011, from [www.healthyminds.org](http://www.healthyminds.org).
3. *Eating disorders statistics*. Gurze Books, Retrieved July 10, 2011, from [www.bulimia.com](http://www.bulimia.com).
4. Foundation for Change. (2001). *Eating disorders: physical, social, and emotional consequences*. Brigham Young University: Author.
5. Lock, J., & Grange, D. (2005). *Help your teenager beat an eating disorder*. New York: Guildford Press.
6. National Association of Anorexia Nervosa and Associated Disorders (ANAD). *Eating disorders statistics*. Retrieved July 10, 2011.
7. National Eating Disorders Association (NEDA) (2005). *Statistics: eating disorders and their precursors*. Retrieved July 10, 2011, from [www.NationalEatingDisorders.org](http://www.NationalEatingDisorders.org).
8. National Institute of Mental Health (2011). *Eating disorders*. Retrieved July 10, 2011, from [www.nimh.nih.gov](http://www.nimh.nih.gov).
9. Setnick, J. (2005). *The eating disorders clinical pocket guide*. Dallas: Snack Time Press.
10. Siegal, M., Brisman, J., & Weinshel, M. (2009). *Surviving an eating disorder*. New York: HarperCollins.

*Lauren Mirkin is a Maryland Licensed Dietitian-Nutritionist (LDN) and professional counselor with more than 15 years of experience working with teenagers and adults with a variety of nutritional and health concerns, including disordered eating and eating disorders. Please contact the Maryland Board of Dietetic Practice at [msavage@dhhm.state.md.us](mailto:msavage@dhhm.state.md.us) if you have any questions or comments.*

## ETCETERA & SUNDRY

### **BOARD OPENINGS:**

All Board members are appointed by the Governor and serve a four-year term. Dr. Paul E. Araujo, RD, LDN, Doris F. Henning, RD, LDN, and Debra D. Schulze, RD, LDN, will complete their terms of Board service on June 30, 2012. Dr. Araujo serves as the faculty member, Ms. Henning serves as the administrative dietetic practice member, and Ms. Schulze serves as the consulting dietetic practice member. If you are interested in serving on the Board, please contact us at (410) 764-4733 to request an application.

### **WELCOME NEW BOARD MEMBERS:**

The Board welcomes Margo Gladding, MS, CNS, LDN and Lauren Mirkin, MS, CNS, LDN to the Board.

### **CHANGE OF ADDRESS:**

Licenses are required by law to give the Board written notice of any change of address **within 30 days**. There is a \$50 late fee for failure to notify the Board within 30 days of a change of address. Please remember to notify the Board in writing of any changes of address. This will ensure that licensees receive important notices and renewal information in a timely fashion from the Board.

## NEW LICENSEES

|                             |                        |
|-----------------------------|------------------------|
| Monica McCollin, CNS        | Meena Somanchi, CNS    |
| Curtis Phinney, CNS         | Cynthia Johnson, CNS   |
| Mercedes Laudano, CNS       | Roni Enten, CNS        |
| Lyssa Balick, CNS           | Babette Lanisus, RD    |
| Sarah Williams, RD          | Terri Murphy, RD       |
| Lindsay Martin, RD          | Nancy Wanko, RD        |
| Berit Christensen, RD       | Victoria Hodges, RD    |
| Kristen Hangen, RD          | Leah Stolbach, RD      |
| Leigh-Anne Wooten, RD       | Sarah Mueller, RD      |
| Lacey Ridens, RD            | Danielle Nipper, RD    |
| Kerri Kimbrell-Silva, RD    | Geethy Pillai, RD      |
| Fritha Dinwiddie, RD        | Emily Moore, RD        |
| Nicole Lawrence, RD         | Lisa Silberman, RD     |
| Maureen Sepp, RD            | Rebecca Hudler, RD     |
| Emily Crocker, RD           | Emilie Hunt, RD        |
| Andrea Conway, RD           | Melissa Carrithers, RD |
| Jaime Bachtell-Shelbert, RD | Amy Scott, RD          |
| Stephanie Babb, RD          | Ileana Ritchey, RD     |
| Reut Mushkat, RD            | Chau Wai Chan, RD      |
| Nancy Salaets, RD           | Rebecca Rapenberg, RD  |
| Michael Chandler, RD        | Aimee Cleveland, RD    |
| Amanda Tauber, RD           | Victoria Aurich, RD    |
| Valerie Wheat, RD           | Ana Bonilla, RD        |
| Lisa DeLaurentis, RD        | Jared Rice, RD         |
| Stephanie Shaw, RD          | Kate Williams, RD      |
| Sally Kirby, RD             | Kelly Morrow, RD       |
| Amy Valerino, RD            | Elaine Gilbert, RD     |

**CONGRATULATIONS AND  
THE BOARD WELCOMES  
ALL NEW LICENSEES TO  
THE ROSTER!!!**



**Please submit any questions  
or comments for future  
newsletter articles to  
[MSavage@dhmh.state.md.us](mailto:MSavage@dhmh.state.md.us)**

|                             |                        |
|-----------------------------|------------------------|
| Carolyn Maynard, RD         | Ann Grothe, RD         |
| Lindsey Cope, RD            | Amanda Lucas, RD       |
| Kathleen Martinez, RD       | Tamara Wolff-Small, RD |
| Sarah Potter, RD            | Jessica DeGore, RD     |
| Caitlin Robison, RD         | Malka Weiss, RD        |
| Vickie Bond, RD             | Joanne Berardi, RD     |
| Martha Piedrasanta, RD      | Christina Beall, RD    |
| Rebecca Lapps, RD           | Ann Koutsavlis, RD     |
| Bhuvaneswari Anbazhagan, RD | Sukyee Or, RD          |
| Kelley Steen, RD            | Cheryl Jarcik, RD      |
| Margery Pepper, RD          | Sheila Weiss, RD       |
| Deepthi Harkar, RD          | Lan Chi Nguyen, RD     |
| Debra Craft, RD             | Elaine Ferrel, RD      |
| Amber Strouse, RD           | Anna-Lisa Finger, RD   |
| Mary-Blake Summerlin, RD    | Caitlin Doutt, RD      |
| Lauren Morgan, RD           | Joanne Bugher, RD      |
| Kendra Fink, RD             | Emily Evans, RD        |
| Sabrina Dotsenko, RD        | Wendy Hoy, RD          |
| Suchitra Nathan, RD         | Davis Nolan RD         |
| Jessica Sides, RD           | Leah Simpson, RD       |
| Kimberly Hyatt, RD          | Lauren Pillar, RD      |
| Ashley Cameron, RD          | Aurielle James, RD     |
| Katie Kirkpatrick, RD       | Angela Suthrave, RD    |
| Christina Hindman, RD       | Laura Cochrun, RD      |
| Heather McNew, RD           | Viki Posey, RD         |
| Paige Zaitlin, RD           | Antoinette Hinds, RD   |
| Anthony Liotta, RD          | Emily Carrigg, RD      |