



**NEWS RELEASE
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***Journal of Adolescent Health* Launches New Webpage “For Parents & Teens”**

San Francisco, CA, April 7, 2015 – The [Journal of Adolescent Health](#) (JAH), the Official Publication of the Society for Adolescent Health and Medicine, has added an important new online resource, “[For Parents & Teens](#),” to directly connect adolescents, young adults, and their families to practical information and insights from trusted healthcare professionals in the field.

“Over the past decade, the *Journal of Adolescent Health* has published the very best scientific research focusing on ways to improve the health and well-being of adolescents and young adults. Our primary readership has always been health professionals who provide clinical care, conduct research, or develop public health programs or policies to benefit young people,” explained Editor-in-Chief Charles E. Irwin, Jr., MD, distinguished professor of pediatrics and director of the Division of Adolescent & Young Adult Medicine at the University of California (UCSF) School of Medicine. “We now see an opportunity to expand our audience and support the broader community. Our new JAH website features the best content and most important scientific findings, presented in a format that is helpful and understandable to everyone.”

“For Parents & Teens” is designed to improve the lives of adolescents and young adults. It addresses the often confusing issues teens face every day and the questions that concern their parents. Recent features include: Should Teen Girls Need a Prescription for Birth Control Pills?, Juvenile Gang Membership in the US Doesn’t Conform to Popular Stereotypes, Who Gets Addicted to Video Games?, Antisocial Media Exposure and Cyberbullying Behavior – Is There a Link?, Twitter Chatter about Marijuana, and Insurance Billing Violates Confidentiality for Young People on their Parents’ Health Plan.

“Our authors have been really excited about the opportunity to communicate their findings directly to parents and teens. Researchers spend so much time talking just to each other about their research. The chance to put these findings directly into the hands of the people most affected by them is a real revelation,” commented Managing Editor Tor D. Berg, University of California San Francisco.

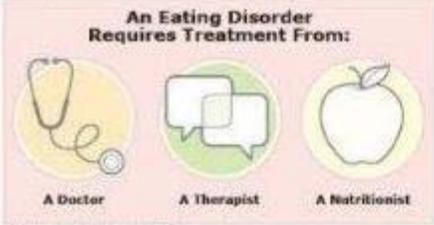
For Parents and Teens

2015

Apr Mar Feb Jan

What to Expect From Treatment for Eating Disorders

An Eating Disorder Requires Treatment From:



© The Advisory Foundation on Eating Disorders

Eating disorders are serious, life-threatening illnesses that most often arise during the teen years. An important article in this month's issue of the *Journal of Adolescent Health* updates medical providers on the most recent advances in caring for young people with eating disorders.

Not everyone with an eating disorder has anorexia nervosa or bulimia nervosa. Even kids whose weight is in the normal range can have an eating disorder. Most teens with eating disorders can be managed as outpatients using a type of treatment called family-based treatment (FBT), where the parents play a major role in restoring health weight. Occasionally, inpatient treatment is required, and this paper outlines situations it may be necessary to hospitalize a teen with an eating disorder. For those who do need to be hospitalized, recent research demonstrates that a rapid rate of refeeding can be done safely provided there is close medical monitoring. This rapid refeeding allows the teen to return home and to school more quickly. Medical monitoring is important at every level of care - outpatient, inpatient, residential or partial hospitalization programs. If you suspect that you or your child may have an eating disorder, an evaluation by your medical practitioner is strongly recommended. The sooner the intervention, the better the outcome.

Update on the Medical Management of Eating Disorders in Adolescents
Neville H. Golden, Debra K. Katzman, Susan M. Sawyer, Rollyn M. Ornstein, Ellen S. Rome, Andrea K. Garber, Michael Kohn, Richard E. Kreipe
Journal of Adolescent Health, Vol. 56, Issue 4, p370-375
Abstract | Full-Text HTML | PDF

Each feature story is based on a study published in the *Journal of Adolescent Health*, which is made freely available to all readers. Parents and teens are invited to participate in a dialog with their peers and healthcare providers via the JAH [Facebook page](#).

Andrea Boccelli, Publisher, added, "Elsevier is pleased to support making the scientific research published in the *Journal of Adolescent Health* more accessible and understandable to teens and their parents. The internet is often the first place parents turn for answers and it's vital to identify a reliable resource. We are enthusiastic about this new initiative to share JAH's trusted, peer-reviewed scientific content in terms all teens and parents can understand.

Dr. Irwin recommends that pediatricians, adolescent medicine specialists, adolescent psychologists and psychiatrists, and family physicians consider adding a link to "For Parents & Teens" to their practice websites as a service to their patient communities.

NOTES FOR EDITORS

ABOUT THE *JOURNAL OF ADOLESCENT HEALTH* (www.jahonline.org)

The *Journal of Adolescent Health* is a multidisciplinary scientific journal that seeks to publish new research findings in the field of Adolescent Medicine and Health ranging from the basic biological and behavioral sciences to public health and policy. It is the official publication of the Society for Adolescent Health and Medicine (SAHM), www.adolescenthealth.org, a multidisciplinary organization committed to improving the health and well-being of adolescents. One of the Society's primary goals is the

development, synthesis, and dissemination of scientific and scholarly knowledge unique to the health needs of adolescents. To meet this goal, the Society established the *Journal of Adolescent Health* in 1980.

According to *Journal Citation Reports*®, published by Thomson Reuters, *Journal of Adolescent Health* has a 2013 5-Year Impact Factor of 3.753, and is ranked 6th of 117 journals in Pediatrics.

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