

3<sup>rd</sup> World Congress on  
**Cardiology**

&

16<sup>th</sup> International Conference on  
**Nutrition and Fitness**

October 29-30, 2018 | London, UK



## **Paula Quatromoni**

**David Proctor**

*Boston University, USA*

### **Two voices: Recovery from disordered eating as told by an elite male athlete and his sports nutritionist**

This talk will feature an elite male runner who experienced a restrictive eating disorder during his collegiate track career at an American Division 1 university, presenting alongside the sports nutritionist who treated him. The athlete will share his perspective and experiences of the disorder that affected his health, emotional wellbeing, and physical abilities to train, compete and recover from sports injuries. The nutritionist will discuss the therapeutic approach and innovative strategies used to restore the athlete's health, improve his relationship with food, and help him to achieve success in his sport through proper fueling and wellness of body and mind. Our goals are to raise awareness of eating disorders in sport and address stereotypes and stigma that serve as barriers to early identification and intervention. This presentation will be engaging for audience members by integrating the voices of the athlete and the clinician into one dynamic discussion. Rarely is this collaborative sharing accomplished in a professional training venue, and even more rarely is a male athlete featured in the eating

disorder recovery discussion. David's personal insight and willingness to share his story create a unique opportunity for a compelling discussion that nutrition, athletic training and sports medicine professionals working in collegiate athletics will benefit from. David is a four-time Olympic trials competitor who is currently training and competing with the UK national team. Transitioning through his collegiate experience, David's application of new knowledge, life skills and shifts in attitudes and behaviors have been keys to both his professional career and his adult life. This presentation allows us to explore an eating disorder recovery journey that spans more than five years and culminates in a success story.

#### **Speaker Biography**

Paula Quatromoni is an Associate Professor of Nutrition and Chair, at Boston University; she is also a Senior Consultant to the Nutrition programs at Walden Behavioural Care, an eating disorder treatment organization. She is widely published, including in the field of eating disorders in sport.

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