

# Eating Disorders: What Every PCP Should Know

**Register Here**



Register using this [link](#)



**February 10, 2026**

12:00 - 1:00 P.M. CT

Virtual Meeting

**Emine Ayvaci, MD**

The University of Texas Southwestern  
Medical Center

## Overview

Primary Care Physicians currently demonstrate a significant gap in knowledge and clinical competence regarding the identification and management of mental health disorders in youth. This professional practice gap is primarily attributed to insufficient training and limited access to mental health resources. As a result, PCPs often serve as the first point of contact for families dealing with adolescent mental and behavioral health issues, yet they report lacking the necessary skills to effectively screen, assess, and treat conditions such as depression, anxiety, suicidal ideation, and behavioral disorders. This series aims to enhance PCPs' capabilities in recognizing and managing mental health conditions to improve outcomes for youth within their clinical practice.

## Learning Objectives

At the conclusion of this activity, the participants should be able to:

- Identify the early signs, symptoms, and various presentations of eating disorders in children and adolescent populations
- Identify pharmacologic and psychotherapeutic treatment interventions for eating disorders in children and adolescents
- Identify the appropriate level of care for patients with eating disorders and the psychiatric and community resources available to support management and referral

Baylor College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Baylor College of Medicine designates this live activity for a maximum of 1.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.