

Medical Risk in Eating Disorders

For a detailed account of medical risks in eating disorders visit:-

www.iop.kcl.ac.uk type in 'medical risk assessment for eating disorders' and this will navigate you to a paper written by Prof Janet Treasure (Revised 2009)

What is a Body Mass Index (B.M.I.)?

A BMI is a height to weight formula to determine categories for weight.

The formula is:-

weight (KG)/height (m) x height (m)

e.g. 1.78m tall, weighing 86kg =

$1.78 \times 1.78 = 3.17$

86 divided by 3.17 = 27.1

BMI = 27.1

Example:-

25-18.5	Healthy Weight
18.5-17.5	Underweight
17.5-15.0	Anorexia Nervosa
15.0-13.5	Severe Anx Nervosa
13.5-12	Critical Anx Nervosa
<12	Dangerously under weight

A BMI does not take into account the age or gender of an individual

For a child a Child Centile Growth Chart should be used to calculate a BMI

Nor should a BMI be a stand alone assessment of medical risk.



telephone buddy



e mail buddy scheme



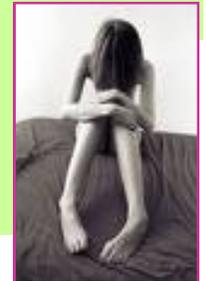
EATING DISORDER SUPPORT SERVICE

S.E.E.D.
EATING DISORDERS SUPPORT SERVICES
CHARITY 1108405

Keeping Safe What You Should Know!

Do you suffer from an eating disorder or care for someone who does?

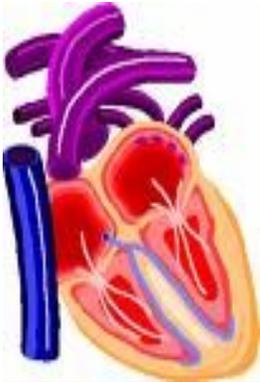
An eating disorder has the highest mortality rate of any other mental health illness with a staggering 20% of sufferers dying each year as a direct result of the illness or from suicide. Don't suffer in isolation We are here to help you!



It is important that a person's physical well being is balanced with their emotional needs. Do not think because a person is receiving emotional support or psychotherapy that all their needs are being met.

It is up to the individual to check in with their GP in order that they

Potassium



A normal range for potassium levels would be 3.5 to 5.2

Potassium is a mineral that **regulates** the heart, helps lower our blood pressure and **decreases** the risk of a stroke.

If you are experiencing, chest pain, tingling in arms, pins and needles, leg cramps, muscle twitching in arms or legs it may be that your **potassium** levels are

low and it is important that you seek medical advice as soon as possible. In extreme cases of severe chest pain go immediately to the nearest A & E Department.

Low potassium levels may occur if someone suffers from **bulimia** or takes large amounts of laxatives.

It may be necessary for the GP to prescribe potassium **supplements**.

The following foods are high in potassium:-

bananas, tomatoes, oranges, **grapes**, lentils and peaches .

Coffee also contains **potassium**.

The Importance of Fluids!



Water makes up 50-80% of our total body weight

Without **fluids** we would **not** be able to **survive** any longer than a week. Our **organs, tissues** and fluids of our **body** contain water as an essential component. Most adults aim to drink **6—8 cups/glasses** of water **a day**. **Fluids** have **many** functions within the **body**:- It **aids** nutrient digestion and absorption. It **regulates** our body **temperature** and carries **waste** products away from cells through **urine, faeces** and **expiration**, to name a few.

If we do not drink **enough** fluid we become **dehydrated** and begin to feel generally **unwell**. Dehydration can cause **dizziness**, headaches, irritability, dry skin, **falling blood pressure**, **decreased urine output**, **increased heart rate** and **extreme thirst**. Long term **dehydration** can cause **kidney failure**. **Dehydration** may lead to **hospitalisation**. It is a known fact that once our **fluid levels** are **increased** we feel much better in general terms. We are soon able to **'function'** better and our **concentration** levels **return** to normal and **headaches** will **subside** .



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How does anorexia affect our brain?

An eating disorder affects our capacity to think rationally. This is as a result of low nutrients.

It is considered that someone with a BMI of less than 15 to 16 would not respond well to therapy.

(see over for information on Body Mass Index).

This is the 'ball park' figure determined via the psychology service for people in this area.

This does vary in other parts of the country.

MENTAL HEALTH ACT

If you do not keep yourself safe someone else will!

If a person needs re-feeding to save their life this can be done against their will and there are guidelines in place under the Mental Health Act.

The following website explains the Mental Health Act 1983 in more detail.

www.dh.gov.uk

SEED EATING DISORDER SUPPORT SERVICES

Help line (01482) 718130

Fax (01482) 718130

Resource Room (01482) 344084

E mail hello@seedeatingdisorders.co.uk

Website www.seedeatingdisorders.org.uk