

## Medical Risk in Eating Disorders

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

[www.iop.kcl.ac.uk](http://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.

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 =

$1.78 \times 1.78 = 3.17$

$86 \text{ divided by } 3.17 = 27.1$

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 u/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



Charity No: 1108405

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

Phone: 01482 718130  
Fax: 01482 718130  
e-mail: [info@seedesatingdisorders.co.uk](mailto:info@seedesatingdisorders.co.uk)

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!**

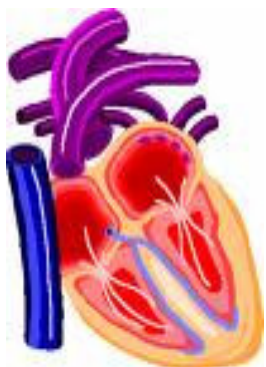


It is important that a person's physical well being is balanced with their emotional needs. Do not think because a person is receiving emotional support or psychotherapy that all their needs are being met.

It is up to the individual to check in with their GP in order that they are monitored physically. The GP should be part of the sufferer's care.

Help line No: 01482 718130  
[www.seedeatingdisorders.co.uk](http://www.seedeatingdisorders.co.uk)

# 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 being **hospitalised**. 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** .

It may be **difficult** for a sufferer to **re-establish** eating patterns but it is **important** that they take responsibility for their **fluid intake** in the **first instance**.

Don't worry if you feel bloated; this is the body's **normal** reaction as fluids are retained in the first instance. Any feelings of bloated-ness will soon **pass**.

### 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 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](http://www.dh.gov.uk)

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

Phone: 01482 718130

Fax: 01482 718130

e-mail: [info@seedesatingdisorders.co.uk](mailto:info@seedesatingdisorders.co.uk)