

Eating disorders awareness week

What Are the Warning Signs?

Anorexia nervosa, bulimia, and overeating disorders can have numerous combinations of signs, symptoms and causes. Additionally, several other eating and body image disorders are closely related to anorexia and bulimia, including orthorexia, body dysmorphic disorder, and exercise addiction.

Many people who suffer with eating disorders show no outward signs, but still experience overwhelming internal feelings that prompt them to rely on symptoms to control intense pain, anxiety or other troubling emotions. Eating disorders are not a phase of adolescence or an expression of vanity. It is critical for a sufferer to seek medical treatment for eating disorders at the earliest sign of symptoms. Research shows that early and adequate intervention leads to the best clinical outcomes.

Disordered eating behaviours stand in the way of the healthy experience of emotional, social and spiritual development, and prevent the sufferer from living a full life. They are not “normal” efforts to “eat healthy”, and they require professional eating disorder treatment. Behaviours associated with eating disorders may include:

Constant adherence to increasingly strict diets, regardless of weight

Habitual trips to the bathroom immediately after eating

Secretly bingeing on large amounts of food

Hoarding large amounts of food

Increase in consumption of laxatives, diuretics or diet pills

Exercising compulsively, often several hours per day

Using prescription stimulant medications (like Adderall) and/or illicit stimulant drugs (like cocaine) to suppress appetite.

Despite different symptoms, eating disorders share common roots that depend on genetics, environmental factors, medical history, life experiences, and the presence of co-occurring psychiatric and addictive disorders. Common signs

Withdrawal from friends and family, particularly following questions about her disease or visible physical/medical side effects

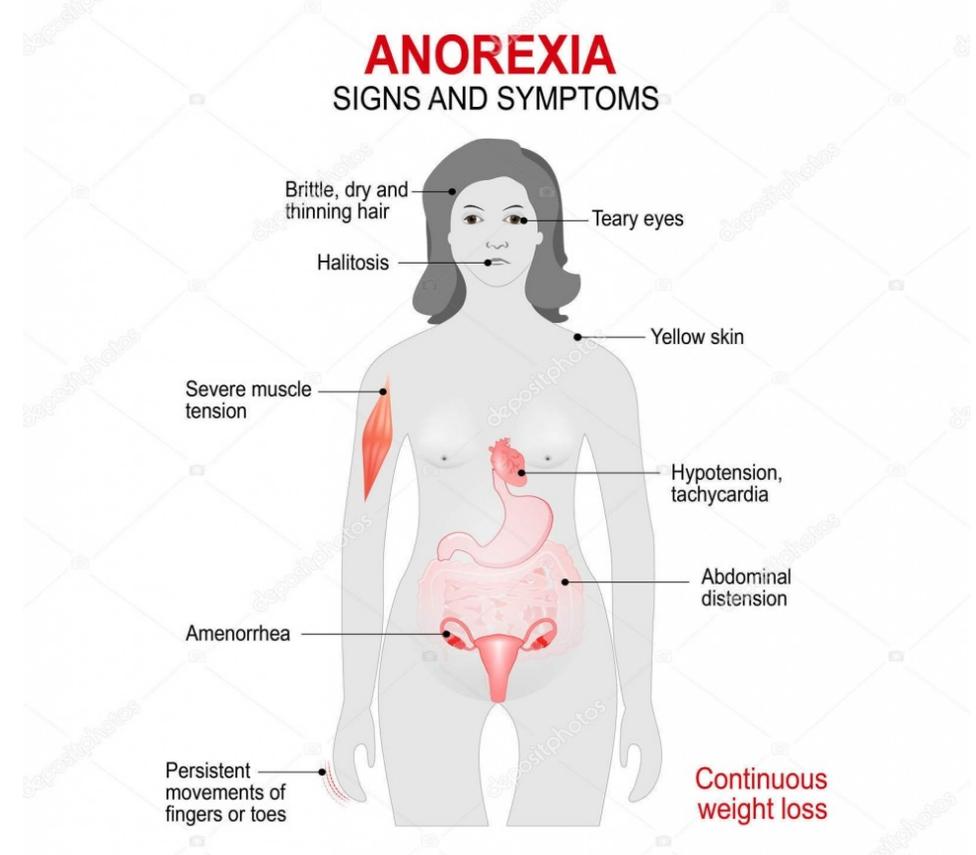
Avoidance of meals or situations where food may be present

Preoccupation with weight, body size and shape, or specific aspects of one’s appearance

Obsessing over calorie intake and calories burned via exercise, even as one may be losing significant amounts of weight

On average 149 weeks pass before those experiencing eating disorder

seek treatment help. That’s almost three years, 27 months, or 1042 days.





Listen, talk things through and help you with any worries you may have.

Patients can now access the LiveLife service themselves. LiveLife supports people to improve their everyday life offering social, emotional and practical help.

You can contact them on 01908 973720 or Text 07849 083 222

Dr Minney Retiring

Dr Minney will be retiring in March. We wish him well and will miss him at the surgery.

Patient will be notified nearer the time of who their new registered doctor will be.

Please be aware that the Brexit is being closely monitored and not to stockpile medication a stock shortages. Please just order your usual quantities as normal.



Medication supply post Brexit

Extra Services we offer
Parkside has an MSK (Musculoskeletal) clinic which is run every Tuesday by Dr Cave who specialises in these types of conditions.



The service assesses patients with disorders and injuries of the bones and muscles . The aim of the **clinic** is to assess patients and determine the most appropriate course of action to manage and improve their symptoms, Dr Cave can give steroid injections (where appropriate) pain relief or referrals to orthopaedic.

Physiotherapy.

We also have a physiotherapy department upstairs that is run by connect health. You can now self refer to the service by calling 01908 229432

Opening times
Monday—Friday
7.30—19.00
Closed Saturday,
Sunday and
Bank holidays

Contact Numbers
Tel: 01908 375341
Fax : 01908 374975
WWW.Parksidemed.co.uk



Parkside Medical Centre
Whalley Drive
Bletchley, Milton Keynes
MK3 6EN
TEL : 01908 375341
<https://www.parksmmed.co>



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