**BBC Radio 5 Live**

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 Daily now eating disorders including anorexia and Alenia affect a small but substantial number of women in their 40s and

50s that come out from new research today the study undertaken by University College London and the Icahn school of medicine in new York found that more than 5000 women just over 3 % reported having an eating disorder some said they had experienced it since their teens and others develop it for the very 1st time in their middle age or genius thinks developed an eating disorder in her 40s morning to Julie at a I'm very well we will also hear from Tom Quinn from the eating disorder charity beat bullying to Tom good morning to early how did it start and if that is really backing 2011 when now been worried at work and I've started to get depressed than just who lost their appetite anything and then a kind of snowballed into a complete restricting eating disorder what what did you do

that by hayward not even real time would cut things out and if they actually I have started have like mine talk around the fact that are worth they think I've got and and how long will this go on for and that it was diagnosed in 2013 after I had a mental breakdown then got referred to a mental health assessment and that's when they started to discover that I had lied to deployed and up to that point up to 2013 how long have you been going through this to the for two years rights and did you lose a lot of weight the Isle of Wight quite quickly and we're just cutting food out the way you are you eating it and then throwing it up what was going on airline never would never commit if Fife felt I'd had too much food or

even the amount of food I would try to get rid of it by exercising more take that well the car and take to an end she did it make you feel cos clearly knew you had various low self worth because this person was making fear or that he should have low self worth by a having taking control by curvy written in the way he did how did that make you feel I've felt a sense of achievement and satisfaction but or her I felt extremely frustrated that I couldn't eat normally even if I wanted to I could don't it got along the line you how did people around you react or or you good at hiding it III the height here troll I would quite often so or toilet they are have lost way and I'm a kind they wanted reassurance that it was working a lot with disappearing

Think my family and friends got very frustrated did you would you doing it out of misery or are you managing to cover that up now I tried to tell people what was going on we say tried for what happened with they were listening but you know people say you're fine you're strong he'll be fine Whyte you think that was I think they were frustrated that they could not help and they were hoping that I would come out they're and when did you realise cos clearly seeing that the people around you care I care about you I love you but it sounds like you kind of left a bit Tyrone devices Yeah I was left and I was in such a strong I'll let me put you in denial so I had a good day well I would think Oh hang on there's something wrong here and then that in mind talk behind anorexia would say no

it's fine it's very powerful thing is meant an eternal conversation when did you touch the bottom and I was quite live in 2014 December court and and why was that my way and got to look dangerous and level and it was at that point because we hear stories only that that that this could happen time and time again and still that makes no difference what made the difference when you I was just determined it got me a kick-start with back in through healthy eating habits and Luckily I've continued to stick to a healthy diet and how do you find that clearly knew he had support where did you find it III had support when I was in hospital 8 90 realise at the time and then I was referred to an NHS

complex needs programme which I'm currently doing now so that Sarah 8 intensive therapy let's bring Tom and Tom to reset the key phrase the jump Academy there was erm the disappearing she she she kind of wanted to disappear and get a lot of people listening to this who are going through a similar thing will will very much relate to that she's in that demographic of older women who are being visited by this illness later in life is that something you come across it is unfortunate so about 15 % of calls to our helpline about someone over the age of 40 think it we know that they're stigma around mental illness instead about eating disorders a suspect the this ignorant challenge for people who a bit older is even harder because of this lack of awareness lack of understanding that know that this problem is not unique to that individual that actually they're a

lot of people out there that have this problem I think the concern of things about studies found that less than 30 % of women who had eating disorders has a base for help we receive treatment here we need to do much more in terms of breaking down the stigma breaking down the barriers so you get anyone has a has a problem feels that it's OK to seek help it's OK to reach out to others and that she this is a serious mental illness that needs earlier help really to maximise the chance of recovery it has enough of the stigma is there if you get this illness in your teens and twenties to two goes through it later in life must times that by 10 how people have you decided to cover more if it happens to them later in life think that is a common thing to be honest people try to cover up whatever stage of life at and think at work places have a lot of work to do in this area

Think schools also need to do better but I think the public will bit more set up to support people with mental house and the still a lot of work we need to do in the workplace think people conf perhaps find even harder to speak to a colleague or perhaps bossed about about eating disorder may be concerned that this might suggest that they are incapable of working we produce and some guidance for work work places on how they can support some of the sword at which people can go to our website to find and I'm just gonna say because Julia urged to come in for a 2nd your problem started in the workplace to admit he had been bullied so that must have been so difficult did you ever get did you ever talk to work about it did he ever managed to unravel that one III King eventually Yes too laid back do so work than now I'm not working

and that person still is working there by believes carry on not Hunt century said this is a Thomas and it's not just you know you've got a problem be feel that you could talk about in work very often it's work that instigate these problems in the 1st place isn't it Unfortunately so as do you sang that invariably people that need to sort have developed a low self worth using this as a coping mechanism so as we know that they commute a variety of reasons why people need to feel any to hope that could be family life could be stresses I'm very often it can also be at work and so I think it is really important that the workplaces do everything they can to crackdown on on bullying behaviour crack down on any think that that could be causing that their staff undue stress because the consequence of that can be we can be life threatening at some stage they want to introduce you to Barbra who was listening this

morning and called in morning to Barbra thank you so much really and now now Howley game I'm currently and and I've had an eating disorder all my life when did it start in my late teens I've had a baby and married to them are out of control that Tony Blair could control the by eating pork bit dismayed my Phil Phil it give it to him to I could stomach felt when you go through life started eating anything and the and that's something you still below but it is the right of self worth packing a full probe bad that is so often compounded Berkshire you have the 5th food you can eat you can't be a earn down and makes life very difficult

and all of your adult life my adult life you live with them Yes I have I'm a star for the day and I am no different from a taken to martyrs left Simon doubling as the day goes on get worse in the evenings you spend my time I'm meeting been faked Sir Oh but not everybody if cured and it becomes part of your life III make things worse than time in my I've completely you have to control my life still food bring it home to make myself feel are allowed to rest it are a fan given marks imprisonment which compared to think of things to for a default different menu but instead have made my life worth got a criminal record

my goodness far behind the wheel of a new Own now did did did you have a child was a boy or a girl you lovely babies brought up my earthquake and innovative he was bought for 4 made things worse talk to get away my son stayed with her show you live with anyone or shared the this issue that you have with anyone does anyone know I've talked about I'm sure to know her here for care that people can how they cannot change things a may have some to replenish a knife at and Hey presto that's got to be careful when I go shopping now you know you frightened to death for a term not for you do you see a complete control 3rd term Mr Barber mean Julia as a junior at a glance you which itself we cycle to

heart it's very hard to understand struggle to be tied to be no show life that control I can't do anything but to you thank you brain is affected chemically you are you sure that I'm not sure about that Armenia deprived itself that testimony or thought that could close in the end you say you won't say it you didn't do it for life thing you have to say when a good way because you like brain function at talk know now we would feel like a kid I spent time in that patient survey for psychiatric unit in a use two years ago their collective took me away from my problem but had to stand that has been taken over by my mother area still held out a part to play now and then went our separate

it does bring into form answer is inserted charity beat opera what to eat what do you say to Barber she 70s the with all her life is never too late to to get help no it's not it it is never too late and obviously it's heartbreaking to hear you live so long recovery is not easy but I don't think he's ever to live and I would really urge you to you sure I'm kitted it easy but you think we owe it to yourself to do everything you can so I would urge you to go and see your gp and and and see what help is available for a helpline is always open and are happy to speak she anchor off with offline as well that's that's helpful given its opinion on depression

on the assumption it better they won't want to make a no win no new therapies that are available and we still work to improve that but we are getting better all the time at that hold on here Paul in this series film if you think if you take some fortune the true it is very much a mental illness really hope that we can help you Barbara and UConn talk offer talk to one another Obama thank you so much thank you did really well and Tom Crone an eating disorder charity we have action line number for you if you've been affected by issues in the discussion you just heard the on 5 live has a range of organisations and websites that offer you advice and support any confinement listed on the BBC's action line website it is BBC