**BBC Radio Asia**

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dr richard side from the eating disorder charity beat they affect about 725000 men and women of all ages and backgrounds in the uk it is not just the stereotype that people have of young middle class teenage girls go through a phase or do it to look good it is a serious mental illnesses which which you can impact on anybody now live the described her experience of believe me she had billion in 15 years that amazingly she was functional still she had 3 children but my understanding is that eating disorders at she claimed more lives

than any other mental illness like depression or psychosis yeah absolutely i mean anorexia nervosa has the highest mortality rate had any mental illness cider these illnesses which could really destroy someone's life and impact greatly on the family of the person as well because this study published recently in ibm's say is looking for the 1st time which i find very staggering about the prevalence of eating disorders in women across all ages particularly in their 40s and 50s and i was surprised at some of the statistics in that it was 15 % of women had had an eating disorder some point in their life and 3 points 6 % are currently struggling one now is this something that you wear surprised 5 officer are blatter we wholeheartedly welcome the research there's not enough research could is that she really important really exciting research

and this figure of 15 % of women have an eating disorder some point in their life and 3 % currently suffering is quite alarming but it's not something we particularly surprised by beat run helpline which is open fear and 65 days a year and last year 15 % of calls to the helpline were about than someone over the age of 40 so this research purvis support the importance of providing of an appropriate treatment pathway for individuals have eating disorders of all ages because at the moment the focus is very much on helping young people lack and people on in later years in mid-life find very very hard to get the treatment they need for area and disorder and what is the treatment for it how do you get better or recover from something recovery is hard but it's possible that is incredibly worth it generally it will

be a form of talking therapy and people start thinking about the reasons behind their behaviour was that is the sad fact is and this is something the paper highlights is that those who reported having an eating disorder lesson for of them actually sought any help know what i just wonder why is that what is the barrier they're from people getting what they really deserve and need i-i-i think in this population with talking about they can find it almost embarrassing to go to a gp you and say you had this illness which wrongly associated to teenage girls onus on think a lot of shame or embarrassment around that lives despite all the stigmatising and stereotyping did seek help and turned her experience into something positive the website it's in my head case dotcom she jokes headcase full-time mental health on its head by shearing her xp area says

yeah headcase came out of all of my experiences of different types of mental health problems whether it be eating disorders and her younger when i was in my thirties had panic attacks and had a breakdown in my early 40s and what i've found every time we talked about that person would say had that to all my mum had that my friend has gone work has that it really began strike me that this stuff is everywhere mental health issues affect absolutely everybody if it's not you it's someone you it's part of your life and for as long as we keep it is something we said it would be associated like that a want people to wear a head case bad jews and and stand up and say yes i'll cut my head a collection no problem with that at all if a sore knee i'd get it seems to if i'm feeling anxious john p panicky freaked out anyway i'll go and find some help about that i acknowledge that and i'll look after my head just as well as look after my body and if you or anyone you know has been affected by an eating disorder

he compares the bbc action line website for details of organisations that can help you as the bbc dr uk /action line it is time now for the news and sport