



EATING DISORDER SERVICE



www.sage-clinics.com



Sage Clinics is a premium mental health care provider founded by well-established UAE healthcare professionals, with the goal of delivering high quality, evidence-based mental health care.

The Sage clinics team comprises international, western-trained mental health specialists – psychiatrists, clinical psychologists and dietitians – who work as an integrated team using evidence-based practice to deliver the best outcomes for every individual, couple, family, group or company they work with.



What Are Eating Disorders?

- Serious mental health disorders where the individual has concerns about their weight, body shape or size.
- May include behaviours such as food restriction, vomiting, excessive exercise or bingeing.
- Affects both physical and psychological wellbeing.
- Causes significant anxiety, distress and low mood.
- Affects the individual and their families.
- Can occur in anyone (any age, gender, ethnicity, or body size).
- Often people suffer in silence.



Facts And Figures

- Eating disorders affect at least 9% of the population worldwide.
- Eating disorders have the highest mortality of all psychiatric disorders so early treatment is important.
- In UAE, 73% of adolescents indicated body dissatisfaction therefore are at higher risk of developing an eating disorder in adolescence/early adulthood.
- Research shows that males contribute to 25% of eating disorders.





How Do You Know If You Need Support?

Individuals who struggle with signs or symptoms could benefit from an assessment and subsequent psychological and physical health support.

Eating disorders usually get worse if left untreated so if you or your child are struggling we urge you to seek treatment as soon as possible, as evidence shows this results in better outcomes.



Common Signs Of An Eating Disorder:

When individuals:

- Skip meals, eat smaller amounts or very slowly.
- Follow rigid dietary rules.
- Become more preoccupied with food or their weight.
- Hide food or seem more secretive about food and eating, including binge-eating.
- Induce vomiting or use laxatives.
- Engage in excessive exercise.
- Have mood changes ie distress, irritability, low mood.
- Socially isolate.
- Fluctuate in weight or lose significant weight.
- Have low energy, feel tired, cold or dizzy.
- Have bloating, nausea, pain or constipation.
- Have irregular or no menstrual period.
- Wear loose clothing or cover self inappropriately, according to weather.
- Experience hair loss, dry skin, or brittle nails.
- Show sensitivity when someone asks them about their eating habits or weight.
- Find it difficult to eat in front of others.



Types Of Eating Disorders

Anorexia Nervosa

People with Anorexia Nervosa may strive to keep their weight very low, through restricting food intake and using weight control methods such as vomiting, laxative misuse or excessive exercise.

Bulimia Nervosa

Those with Bulimia Nervosa may try to restrict food intake but find that this is interrupted by large and uncontrollable binge eating. They may try to compensate for this by purging (vomiting, misusing laxatives) or excessive exercise.

Binge Eating Disorder

People with binge eating disorder also experience binge eating but do not use compensatory strategies such as excessive exercise or purging. There is often marked distress following a binge episode.



Types Of Eating Disorders

Other Specified Feeding & Eating Disorder (OSFED)

Some people have a combination of difficulties which may not fulfil criteria for a diagnosis of anorexia, bulimia or binge eating disorder and therefore are given a diagnosis of OSFED.

Research shows us that individuals with OSFED experience a similar level of distress and impairment as those with anorexia, bulimia or binge eating disorder.

Avoidant Restrictive Food Intake Disorder (ARFID)

Individuals with ARFID are unable to meet their nutritional needs, typically due to fear of an adverse consequence, such as choking or becoming ill, a lack of interest in food or difficulties with the sensory components of food.

ARFID commonly develops in younger children, however, if left untreated, can persist into adulthood. Although there is usually low weight, individuals do not have body image difficulties.



Assessment Of Eating Disorders

At Sage Clinics, we have specialist clinicians that treat all eating disorders in children, young people and adults. Our services include eating disorder assessments, diagnosis, and evidence-based treatments. We also liaise with other services such as hospitals and schools.

When you contact us, we will initially gather important information regarding your needs. This helps us to ensure that the most appropriate clinician sees you for your assessment.

At your first appointment, we will conduct a thorough intake assessment including assessing your physical health, which will enable us to advise you on the most appropriate treatment for your difficulties. We can also assess and treat any comorbid disorders (such as anxiety or depression), which are common in those with eating disorders.





What Treatments Do We Offer?

All treatments we deliver are recommended by the United Kingdom (UK) National Institute for Health and Care Excellence (NICE) guidelines and therefore are gold standard evidence-based treatments with the best outcomes. Our team are compassionate, provide person-centered care, and recognize that recovery from an eating disorder can be difficult. We tailor our treatment to work best for you or your child's needs, and the stage of recovery.

We work in a multi-disciplinary team of psychiatry, psychology and dietetics, as we recognise the importance of managing both physical and psychological consequences of an eating disorder. Being treated by a multi disciplinary team ensures good communication and planning goes into your care.



What Treatments Do We Offer?

Cognitive behavioural therapy for eating disorders (CBT-ED)

Suitable for all types of eating disorders. It involves developing a personalized treatment plan, which addresses the unhelpful thinking patterns, emotions and behaviours which may have developed. CBT-ED is suitable for older adolescents and adults.

Maudsley anorexia nervosa treatment for adults (MANTRA)

MANTRA is a modularized treatment for adults with anorexia. It focuses on addressing anorexia and exploring maintaining factors such as difficulties in managing emotions and relationships, unhelpful thinking styles and aspects of identity.

Family therapy for eating disorders (FT-AN/FT-BN)

Based on the Maudsley Model of Family Therapy for Anorexia Nervosa or Bulimia Nervosa. We work with the young person and their family to help overcome the eating disorder, using a combination of family therapy and specialist eating disorder knowledge. Research shows us that recovery is most likely when the family are fully involved in treatment.



What Treatments Do We Offer?

Dietetic support

Dietetic assessment and advice to help patients restore a healthy relationship with food. This includes assessing nutritional status, meal planning to meet nutritional needs and psychoeducation related to balanced eating.

Psychiatric support

This may include diagnostic assessment and treatment review of progress, physical health assessment, risk assessment, management of co-morbidities and/or medication management.



Community Service

We offer a range of community services where we work with families/carers, schools (staff, parents, students), physical health clinicians and corporate organisations to foster healthy environments and eating disorder awareness and prevention.

This can take the form of:

- Educational talks
- Workshops
- Support groups
- Training for staff
- Policy development

We also run an annual eating disorder conference for school counsellors, staff and educators.





Our Eating Disorder Team



Dr Victoria Mountford

Clinical psychologist - psychology lead
Eating disorder service lead

Dr Teizeem Dhanji

Consultant child and adolescent psychiatrist
Eating disorder specialist

Hala El-Shafie

Consultant dietitian
Eating disorder specialist

Dr Gurveen Ranger

Clinical psychologist
Lead adult & corporate services

Dr Bisi Laniyan

Clinical psychologist
Adult specialist

Contact Our Team



Our team of mental health professionals is here to help you!

If you're interested in learning more about our eating disorder service and how we can help support you or your loved one's mental health, please don't hesitate to contact us.



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