

Resources for Underweight Patients

Being underweight is a medical problem that is just as serious as being overweight. If you are over 18 and you have a BMI (Body Mass Index) that is below 18.5 you are considered underweight. There are many reasons why a person may be under their optimal BMI.

Stress, divorce, and bereavement can be causes for weight loss. Weight often returns to normal when your stress level decreases or after you have had the appropriate time to grieve. Counseling and support may be needed to help reach this stage.

There are also other reasons for unexpected weight loss, such as depression, overactive thyroid, and cancer. Less common causes include, but are not limited to, infection, lupus, stomach ulcer, drug use, heart disease, and kidney disease. If you have noticed unexpected weight loss, you should contact your primary care physician to rule out underlying causes.

Eating disorders such as bulimia and anorexia can cause dangerous weight loss. If you have concerns that you may have an eating disorder, please tell someone you trust or contact your primary care physician for help. There are organizations that specialize in helping those with eating disorders such as the National Eating Disorders Association (NEDA).

List of Resources

Counseling and support: <http://www.nhs.uk/Conditions/unexpected-weight-loss/Pages/Introduction.aspx>.

National Eating Disorders Association (NEDA): <https://www.nationaleatingdisorders.org>.

Nutritional information and counseling: <http://www.health.gov/DietaryGuidelines/>

The CORE Institute is dedicated to your outcome. If any questions or concerns arise, please call The CORE Institute at 1.866.974.2673 or visit <http://www.thecoreinstitute.com>.