

Fast Facts

Binge Eating Disorder

- Consuming large amounts of food regularly and feeling like you're unable to stop
 - More common in women and often starts in the late teens to early 20s
- Cause is unknown, but thought to be related to genetics, long-term dieting and psychological issues
 - If parents or siblings have, or had, an eating disorder, you're more likely to develop one
 - If you diet where you restrict the number of calories, it can lead to binge eating
- Certain psychological issues, like depression or feeling negatively about yourself, can result in binge eating
- Other triggers are stress, anxiety, substance abuse, poor body self-image and the availability of preferred foods
 - Individuals are usually overweight, but it is possible to be a normal weight

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Eating large amounts of food within a specific amount of time -Feeling your eating behavior is out of control -Eating rapidly during episodes -Consuming food even when you're not hungry -Not stopping food consumption until you're uncomfortably full -Eating alone -Hiding eating from others -Feeling depressed, disgusted, ashamed, guilty or upset about your eating -Frequent dieting that doesn't result in weight loss 	<p><i>Psychotherapy:</i></p> <ul style="list-style-type: none"> -Cognitive behavior therapy (CBT) -Interpersonal psychotherapy -Dialectical behavior therapy <p><i>Medications:</i></p> <ul style="list-style-type: none"> -Lisdexamfetamine dimesylate -Topiramate (an anticonvulsant) -Antidepressants <p><i>Lifestyle Changes:</i></p> <ul style="list-style-type: none"> -Don't miss therapy sessions -Avoid dieting (unless under the supervision of your doctor) -Eat breakfast every day -Remove tempting foods from your home -Limit exposure to preferred foods -Eat foods high in essential vitamins and minerals -Don't isolate yourself from family and friends -Remain active by getting plenty of physical activity (just check with your doctor prior to starting any new routine) -Find ways to help yourself relax, like yoga or meditation 	<ul style="list-style-type: none"> -No way to prevent currently -Maintain a healthy body image -Encourage others to maintain a healthy body image (regardless of body shape or size) - If you're concerned about your health or a loved one's health, seek or assist them in getting professional help

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