

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

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