What is Binge Eating Disorder?

Despite the fact that it affects millions of Americans, Binge Eating Disorder (BED) is a widely misunderstood eating disorder. Binge Eating Disorder, which involves frequent overeating marked by feelings of distress, guilt, and shame coupled with feeling out of control, has long been underdiagnosed or misdiagnosed when it is, in fact, two times as common as Anorexia and Bulimia Nervosa.

It is important to note that binging is a behavior that is not problematic in and of itself; rather, binging is an issue when it becomes more frequent, more chronic, and/or impairs one's functioning and causes psychological and/or physical symptoms.

Binge Eating Disorder treatment

Binge Eating Disorder (BED) was truly acknowledged as a separate and distinct disorder when it was added as an Axis I diagnosis in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). This classification has helped raise awareness of the seriousness and legitimacy of BED among the general public and healthcare professionals alike and has contributed to an increased likelihood of third party payment for not only BED treatment but treatment at higher levels of care for BED.

However, misconceptions still exist with regards to this disorder. BED is commonly confused with bulimia because it involves binging; however, unlike bulimia, sufferers do not compensate (or compensate on an infrequent basis) for the binge by vomiting, abusing laxatives or diuretics, or over-exercising.

Symptoms

Binge Eating Disorder (BED) is characterized by frequent overeating (bingeing) – at least once a week for three months – combined with a lack of control, intense feelings of distress and three or more of the following behaviors:

- Eating more rapidly than normal
- Eating until feeling uncomfortably full
- Eating large amounts of food even when not feeling physically hungry
- Eating alone due to feeling embarrassed by how much one is eating
- Feeling disgusted with oneself, depressed or guilty after eating

Binge Eating Disorder Health Risks

There are serious health risks associated with Binge Eating Disorder (BED), including:

- High blood pressure
- High cholesterol
- Heart disease
- Type II diabetes mellitus
- Gastrointestinal problems (i.e., involuntary vomiting, reflux, constipation/diarrhea, and acute gastric dilation)

It is important to note that Binge Eating Disorder is a highly genetic disorder with a significant neurobiological component; thus, it is impossible to just "try harder" to resolve symptoms. Many patients with BED describe feeling as if they "know they should stop" but feel unable to do so and feel compelled to keep engaging in behaviors even though they do not want to. Specialized, multidisciplinary eating disorder treatment is needed to address the nutrition, medical, and behavioral aspects of the disorder. Binge Eating Disorder is highly treatable with over 65% of BED patients able to achieve long term abstinence from binging with the proper treatment.

If you or someone you know is struggling with Binge Eating Disorder, it is important to seek proper help with an eating disorder specialist. Eating Recovery Center has a specific and separate program designed exclusively for the needs of the patient with a loss of control eating disorder.
Binge Eating Disorder (BED) Quiz/Self-Assessment

If you think that you or someone you know is struggling with binge eating disorder (BED), please take this short binge eating disorder quiz:

- Do you feel like you have episodes where you eat more than what most people would eat in the same time period (bingeing)?
- Do you experience any distress around your eating, including guilt, shame or regret?
- Do you often sneak food or eat alone due to embarrassment over what or how you are eating?
- Do you feel like your eating is out of control?
- Did either of your parents struggle with binge eating or substance use?

Based on this binge eating disorder quiz, if these feelings and/or behaviors describe you or a loved one, Eating Recovery Center can help. Please call us to speak with a Masters-level clinician at 877-825-8584. Your consultation is free and confidential.

Seek help for bingeing

<table>
<thead>
<tr>
<th>INPATIENT*</th>
<th>RESIDENTIAL*</th>
<th>PARTIAL HOSPITALIZATION*</th>
<th>INTENSIVE OUTPATIENT*</th>
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</thead>
<tbody>
<tr>
<td><strong>Description:</strong></td>
<td>• 24/7 Supervision and medical support to provide medical, psychiatric and nutritional stability</td>
<td>• 24/7 supervision and medical support to prevent harmful behaviors in a total containment environment</td>
<td>• Up to 11 hours of daily treatment, including weekends, after which patients return home or to supported apartment</td>
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<td><strong>Patient Status:</strong></td>
<td>• Medical issues, psychiatric instability, detox, malnutrition</td>
<td>• Inability to contain self, inability to refrain from behaviors</td>
<td>• Possess ability to practice recovery skills independently</td>
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<td><strong>Program Goals:</strong></td>
<td>• Medical, psychiatric and nutritional stabilization • Interrupt behaviors</td>
<td>• To interrupt behaviors, improve co-morbidities, stabilize weight and begin learning recovery skills</td>
<td>• To improve medical co-morbidities, stabilize weight plus learn and apply life skills in a home environment</td>
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<td><strong>Treatment Team:</strong></td>
<td>• Psychiatrist, therapist, RD, internal medicine doctor, nurse and often family therapist</td>
<td>• Psychiatrist, therapist, family therapist, dietician, internal medicine physician and nurse</td>
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<td><strong>Medical Care:</strong></td>
<td>• 24/7 nursing, daily MD visit, complete physical by internal medicine, Labs/EKG as needed, daily vitals and weights</td>
<td>• 24/7 nursing care • Complete physical by Internal medicine physician • Internal medicine physician visits • Labs, EKG, vitals as needed</td>
<td>• Complete weight physical by internal medicine physician • Internal medicine physician visits • Labs, EKG, vitals as needed</td>
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<td><strong>Psychiatric Care:</strong></td>
<td>• Daily psychiatric appointment, medication management, team rounds</td>
<td>• Individual psychiatry • Full treatment team rounds with patient present</td>
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<td><strong>Behavioral Care:</strong></td>
<td>• Trauma-informed care and intensive therapy, including: - Acceptance &amp; Commitment Therapy (ACT) - Dialectical Behavior Therapy (DBT) - Exposure &amp; Response Prevention Therapy (ERP) - Weekly individual psychotherapy - Daily group therapy and skills-based education groups - Weekly family therapy</td>
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<td><strong>Nutritional Care:</strong></td>
<td>• Individualized meal planning based on patient’s status • Daily supervised and supported meals and snacks • Individual nutrition counseling • Daily group activities to learn various nutrition skills</td>
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* Treatment is individualized to optimize patient recovery. This information is a general guide to the services provided and should not be interpreted as a contract for services.

For a free assessment by a Masters-level clinician, call 1-877-825-8584 or visit www.EatingRecovery.com