

# Patient Handout: Understanding, Managing, and Treating Binge Eating Disorder

## What is Binge Eating Disorder?

Binge Eating Disorder (BED) is an eating disorder characterized by recurrent episodes of consuming large quantities of food, often very quickly and to the point of discomfort. Individuals with BED often feel a lack of control during these binge episodes and may experience feelings of distress, such as shame, guilt, or disgust, afterward.

## Common Signs and Symptoms of Binge Eating Disorder

- Eating large amounts of food in a short amount of time
- Eating even when you're full or not hungry
- Eating rapidly during binge episodes
- Eating until uncomfortably full
- Eating alone or in secret to avoid embarrassment
- Feelings of distress, guilt, or shame after binge eating
- No regular use of unhealthy compensatory measures (such as purging)

## How is Binge Eating Disorder Treated?

Binge Eating Disorder is typically treated with a combination of psychotherapy, nutrition education, medications, and sometimes, self-help strategies.

## Managing Binge Eating Disorder

- Therapy: Cognitive-behavioral therapy (CBT) is often effective in addressing the underlying issues related to binge eating.
- Mindful Eating: Pay attention to hunger cues and fullness, eat slowly, savor your food.

- Regular Exercise: Regular physical activity can help manage your weight and reduce anxiety.
- Support Groups: Sharing experiences and gaining insights from others can provide emotional support and shared coping strategies.
- Regular Check-ups: Regular medical monitoring is important due to the potential health complications associated with binge eating.

## Prognosis for Binge Eating Disorder

With treatment, many people with binge eating disorder experience long-term recovery. However, some may experience periods of relapse, especially during times of stress. It's important to seek help immediately if you notice the signs of a relapse.

## Resources for Help and Additional Information

1. National Institute of Mental Health (NIMH): Provides information and resources about eating disorders.  
<https://www.nimh.nih.gov/health/topics/eating-disorders>
2. National Eating Disorders Association (NEDA): Offers support, resources, and treatment options for eating disorders.  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
3. American Psychiatric Association (APA): Offers resources on understanding eating disorders.  
[https://www.psychiatry.org/patients-families/eating-disorders/what-are-eating-disorders#section\\_0](https://www.psychiatry.org/patients-families/eating-disorders/what-are-eating-disorders#section_0)
4. National Suicide Prevention Lifeline: Provides 24/7, free and confidential support for people in distress, as well as prevention and crisis resources for you or your loved ones. Just dial **988**

*\*\*This handout is intended to provide a general overview of Binge Eating Disorder and does not cover all potential aspects of the condition.\*\**