



Binge Eating Disorder (BED)

Binge eating disorder (BED) is a newly recognized condition. People with BED frequently eat larger than normal amounts of food while feeling a loss of control over their eating and do not purge after the binge.

Symptoms of BED include:

- Eating to the point of discomfort or pain.
- Feeling that the eating behavior is out of control.
- Frequently dieting without weight loss.
- Recurrent episodes of binge eating without purging.
- Feeling depressed, disgusted or upset over the amount eaten.

Medical Complications Associated with BED

- Obesity
- High blood pressure
- Type 2 diabetes
- High blood cholesterol
- Gall bladder disease
- Heart disease
- Osteoarthritis
- Joint pain
- Gastrointestinal problems
- Depression, anxiety or stress
- Sleeping problems
- Substance abuse