Binge Eating Disorder: What You Need to Know

April 24, 2015
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Only one-third of patients with eating disorders are ever asked about their problems with food. Screening in primary care is essential.

♦ Binge eating disorder (BED) is the most common eating disorder in the United States. Lifetime prevalence in adult women is approximately 3.5% and in adult men, 2.0%. Prevalence among adolescents is an estimated 1.6 %.

♦ Up to one-quarter of obese patients may have BED.

♦ Hallmark behavior of BED is frequent episodes of binge eating associated with a feeling of loss of control. Emotional distress afterward is significant. Comorbid depression and other psychiatric conditions are common.

♦ Screening for BED and other eating disorders is essential but also challenging because of the shame associated with the behaviors.

♦ Cognitive-behavioral therapy is considered the gold standard of psychological treatment.

♦ There is one FDA-approved agent for BED; a wide range of antidepressants are used with variable success.

Click through the slides above for more details on the disorder and its management.

References


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