

Binge-eating Disorder

Every day after she comes home from work, Maya eats non-stop until the time she goes to bed. She eats large amounts of unhealthy fast-food and junk food and continues to eat even when she's full. At the end of the night, Maya feels guilty and depressed over her eating. To feel better, she eats even more.

Someone with **binge-eating disorder** may have an experience like the one above.

According to the National Institute of Mental Health, a person with binge-eating disorder “loses control over his or her eating. Unlike bulimia nervosa, periods of binge-eating are not followed by purging, excessive exercise, or fasting. As a result, people with binge-eating disorder often are over-weight or obese. People with binge-eating disorder who are obese are at higher risk for developing cardiovascular disease and high blood pressure. They also experience guilt, shame, and distress about their binge-eating, which can lead to more binge-eating.”¹

According to the Mayo Clinic, **signs and symptoms** of binge-eating disorder can include:

- “Eating unusually large amounts of food
- “Eating even when you're full or not hungry
- “Eating rapidly during binge episodes
- “Eating until you're uncomfortably full
- “Frequently eating alone
- “Feeling that your eating behavior is out of control
- “Feeling depressed, disgusted, ashamed, guilty or upset about your eating
- “Experiencing depression and anxiety
- “Feeling isolated and having difficulty talking about your feelings
- “Frequently dieting, possibly without weight loss
- “Losing and gaining weight repeatedly, also called yo-yo dieting”²

Bibliography

¹ The National Institute of Mental Health, "Eating Disorders." Accessed July 25, 2013. <http://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml>.

² Mayo Clinic, "Binge-eating disorder: Symptoms." Last modified April 3, 2012. Accessed July 25, 2013. <http://www.mayoclinic.com/health/binge-eating-disorder/DS00608/DSECTION=symptoms>.