

## **Introduction to Eating Disorders (Part Three)**

### **Binge-Eating Disorder**

According to the National Eating Disorder Association, “Binge-Eating Disorder is a type of eating disorder not otherwise specified and is characterized by recurrent binge eating without the regular use of compensatory measures to counter the binge eating.” People suffering from Binge Eating Disorder will eat large amounts of food in a short amount of time even when they are not hungry. They feel out of control and may eat in secret, because they feel ashamed or disgusted by their behavior ([NEDA](#)).

#### **Signs & Symptoms:**

People suffering from Binge-Eating Disorder may be of normal weight, be overweight, or obese. They will eat more and faster during binge episodes than during a normal meal, frequently diet with no weight loss, hide empty food containers, feel depressed or have anxiety, hoard food, and frequently eat alone ([Mayo clinic](#)).

#### **Health Consequences:**

Binge-Eating Disorder is most commonly associated with clinical obesity, but there are other health consequences as well. For example, high blood pressure, high cholesterol levels, fatigue, joint pain, Type II diabetes, gallbladder disease, and heart disease ([NEDA](#)) ([SAMHSA](#)).

<http://www.bing.com/images/search?q=Introduction+to+Eating+Disorders+&view=detail&id=0DCE7660B4F74B685CD24C5D3F60B0B342C2BE38&first=0&FORM=IDFRIR>

