If you feel you are struggling with binge eating disorder, this guide can be a helpful resource when talking with your healthcare professional. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

**Vocabulary to Know**
Your doctor might mention these common terms. Here’s what they mean.

<table>
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<tr>
<th>Term</th>
<th>Description</th>
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<tr>
<td>BED</td>
<td>Acronym for binge eating disorder.</td>
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<td>Binge eating</td>
<td>A period of time in which you eat a significantly large amount of food, feeling unable to stop.</td>
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<td>Binge eating disorder</td>
<td>An eating disorder characterized by a pattern of binge eating, at least once per week, for a minimum of three months. It is important to note that in binge eating disorder there is no use of any compensatory behaviors like self-induced vomiting, misuse of laxatives, etc.</td>
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<td>Body checking</td>
<td>Compulsive and intrusive thoughts related to one’s body shape and size. Can often result in looking at oneself in the mirror, looking at specific parts of the body, asking others for feedback about their appearance.</td>
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<td>Bulimia nervosa</td>
<td>An eating disorder characterized by a cyclic pattern of binge eating episodes followed by compensatory (purging) behaviors.</td>
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<td>Compensatory behaviors</td>
<td>Behaviors that are intended to undo the effects of eating, such as self-induced vomiting, misuse of laxatives and diuretics.</td>
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<td>Edema</td>
<td>Swelling of extremities due to build up of fluid in the body.</td>
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<td>Panic attack</td>
<td>An anxiety-related condition that results in feeling of panic to include things like shortness of breath, racing heartbeat, sweating and fear of losing control.</td>
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Questions to Ask
These questions will help you start a conversation with your doctor about how to best manage BED.

About Symptoms
- What is the difference between overeating and binge eating disorder?
- Could I have binge eating disorder even if I eat too much once in a while?
- What kinds of symptoms do doctors look for to know if someone has binge eating disorder?
- What are some of the medical complications that I might experience if I have binge eating disorder?

About Causes & Risk Factors
- What risk factors lead to someone developing binge eating disorder?
- Are there certain people at more risk than others?

About Diagnosis
- What might happen next if I am diagnosed? What should I expect?
- What kind of evaluation would help a doctor know if I have binge eating disorder?

About Treatment
- What is the likelihood of someone fully recovering from binge eating disorder?
- Are there certain medication that are used in the treatment of BED?
- What treatment options are available for me?
- Will I be asked to participate in counseling as part of treatment?

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About Coping and Living With

- What are things I can do to help myself in the recovery process?
- What kinds of healthy coping skills can I use to manage stress during recovery?
- How do I ask support people for help in my recovery?
- What will help me be most successful in recovery from BED?
- How should I explain binge eating disorder to friends or family?