



DOCTOR DISCUSSION GUIDE

# Managing Binge Eating Disorder

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.

<b>BED</b>	Acronym for binge eating disorder.
<b>Binge eating</b>	A period of time in which you eat a significantly large amount of food, feeling unable to stop.
<b>Binge eating disorder</b>	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.
<b>Body checking</b>	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.
<b>Bulimia nervosa</b>	An eating disorder characterized by a cyclic pattern of binge eating episodes followed by compensatory (purging) behaviors.
<b>Compensatory behaviors</b>	Behaviors that are intended to undo the effects of eating, such as self-induced vomiting, misuse of laxatives and diuretics.
<b>Edema</b>	Swelling of extremities due to build up of fluid in the body.
<b>Panic attack</b>	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.



