

# BINGE EATING DISORDER (BED)

is prevalent among obese patients, and those undergoing bariatric surgery

BED is a clinically defined psychiatric disorder, and the most prevalent eating disorder occurring in 2–5% of the adult population.<sup>1</sup>

Characterized by:<sup>1,2</sup>

- Compulsive episodes of excessive consumption of highly palatable foods (binges)
- Strong sense of loss of control
- Feelings of anxiety, shame, disgust and guilt
- Absence of compensatory purging behaviors

Bariatric surgery is recognized as a durable treatment for severe obesity<sup>4</sup>; however, BED is common among bariatric surgery patients.<sup>5</sup>

Binge eating is implicated as a treatment-limiting factor in patients undergoing bariatric surgery.<sup>6</sup>

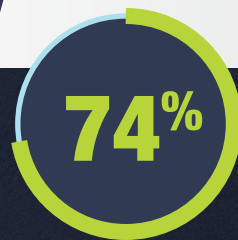


Interferes with adherence to postsurgical nutritional recommendations



May impede weight loss and reduce quality of life

**OBESE PATIENTS SHOULD BE SCREENED FOR BED AND TREATED, IF WARRANTED, PARTICULARLY PRIOR TO BARIATRIC SURGERY.**



of all **BED** patients are obese or overweight<sup>3</sup>



of bariatric surgery candidates have **BED**<sup>5</sup>



of bariatric surgery patients experience “loss-of-control” eating<sup>6</sup>

## References:

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4. Sockalingam S, Tehrani H, Taube-Schiff M, et al. The relationship between eating psychopathology and obstructive sleep apnea in bariatric surgery candidates: A retrospective study. *Int J Eat Disord* 2017;50(7):801-807.
5. Dawes AJ, Maggard-Gibbons M, Maher AR, et al. Mental health conditions among patients seeking and undergoing bariatric surgery: A meta-analysis. *JAMA* 2016;315:150-163.
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# BINGE EATING DISORDER (BED)

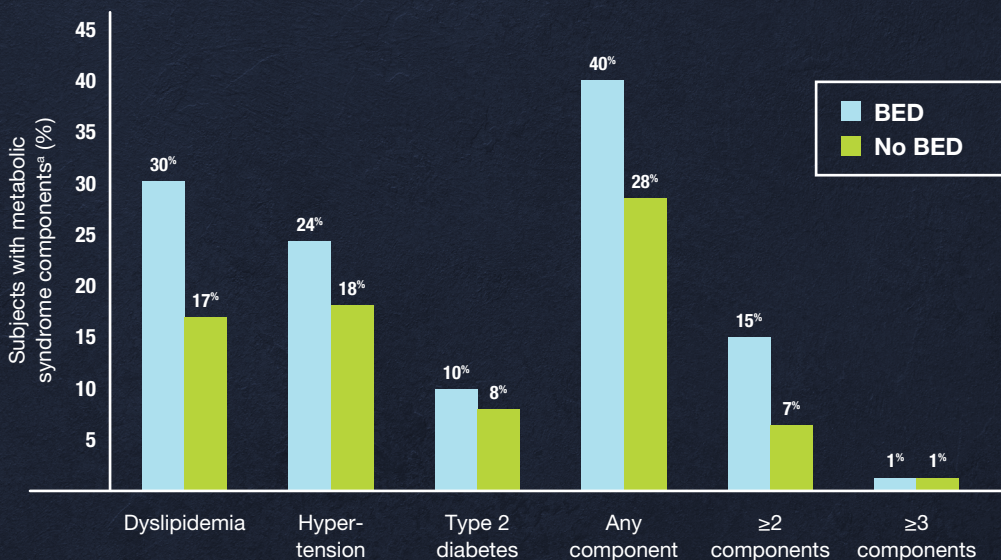
## may be a risk factor for metabolic syndrome<sup>1</sup>

BED has been shown to confer a risk of components of the metabolic syndrome over and above the risk attributable to obesity alone.<sup>1</sup>

**Over a 5-year study, obese individuals with BED had significantly increased risk for developing metabolic syndrome components vs. a BMI-matched group without BED<sup>1</sup>**



of obese **BED** patients met criteria for metabolic syndrome<sup>2,†</sup>



<sup>a</sup> Number reporting new diagnosis of component or set of components during the follow-up interval.

**CONSIDER SCREENING FOR BED IN PATIENTS WHO ARE DIAGNOSED WITH ANY COMPONENT OF THE METABOLIC SYNDROME.**



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† Cross-sectional analysis of 81 consecutive treatment-seeking obese (body mass index  $\geq 30$  kg/m<sup>2</sup>) patients (21 men, 60 women) who met DSM-IV-TR research criteria for BED (either subthreshold criteria:  $\geq 1$  binge weekly, n = 19 or full criteria:  $\geq 2$  binges weekly, n = 62).

**References:**

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- Barnes RD, Boeka AG, McKenzie KC, et al. Metabolic Syndrome in Obese Patients With Binge-Eating Disorder in Primary Care Clinics: A Cross-Sectional Study. *Prim Care Companion CNS Disord*. 13(2):PCC.10m01050.

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