

# Select Publications on the Increased Susceptibility of Metabolic Syndrome in Individuals with **BINGE EATING DISORDER (BED)**

## Metabolic Syndrome in Obese Patients With Binge-Eating Disorder in Primary Care Clinics: A Cross-Sectional Study<sup>1</sup>

- Among obese patients with BED in the primary care setting, 43% met the criteria for metabolic syndrome
- More men were diagnosed with metabolic disorder than women
- Those with metabolic syndrome spent less time dieting and had less dietary restriction
- Clinical attention should be directed toward obese individuals who binge eat for appropriate treatment of physical and psychiatric disorders

## Sex Differences in Biopsychosocial Correlates of Binge Eating Disorder: A Study of Treatment-Seeking Obese Adults in Primary Care Setting<sup>2</sup>

- Within obese BED individuals, women reported earlier age of onset of overweight and dieting, and greater frequency of dieting, while men reported more strenuous exercise
- The frequency of metabolic syndrome was higher in men (57%) versus women (31%)
- Men were more likely to have elevated levels of triglycerides, blood pressure and fasting glucose, after controlling for race and body mass index
- Metabolic problems are more common among obese men with BED, and active screening for BED should be considered

## Longitudinal study of the diagnosis of components of the metabolic syndrome in individuals with binge-eating disorder<sup>3</sup>

- Community individuals with BED and a BMI-matched comparison group with no eating disorder history were assessed over 5 years for new diagnoses of metabolic syndrome
- The BED group had an increase of 2.4-fold in the hazard for a new diagnosis of  $\geq 2$  components of metabolic syndrome
- BED may increase the risk of components of metabolic syndrome independent of the risk conferred by obesity alone

## Binge-Eating Disorder in the Swedish National Registers: Somatic Comorbidity<sup>4</sup>

- BED was associated with increased risk for gastrointestinal, musculoskeletal, circulatory, endocrine, neurologic, infectious, respiratory and skin diseases
- BED was most strongly associated with endocrine (diabetes mellitus and other disorders) and circulatory system diseases, which were not fully accounted for by obesity
- Important to recognize somatic complaints and screen for BED in patients presenting for medical care or weight loss



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### References:

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4. Thornton LM, Watson HJ, Jangmo A et al. *Int J Eat Disord.* 2017;50(1):58-65

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