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[1]

- 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[2]

- 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[3]

- 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 ≥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[4]

- 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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2. Udo T, McKee SA, White MA et al. *Gen Hosp Psychiatry.* 2013;35(6):587-591.
3. Hudson J, Lalonde JK, Coit CE et al. *Am J Clin Nutr.* 2010;91(6):1568–73.
4. Thornton LM, Watson HJ, Jangmo A et al. *Int J Eat Disord.* 2017;50(1):58–65

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