



## Binge Eating Disorder



### Overview

This is a serious eating disorder. With it, you lose control over your eating. You have an irresistible urge to eat large amounts of food. We call this "binging." It's bad for your health. And it can make you feel embarrassed and ashamed.

### Causes

We don't know what causes this disorder. Several factors may play a role, including genetics and certain psychological issues. It's more common in people who have a family history of eating disorders. It's more common in people who have high stress and low self-esteem. And, it's more common in people who have a history of dieting.

### Symptoms

With this disorder, you often feel an uncontrollable urge to eat too much food. You may eat when you aren't hungry, or when you already feel full. When you binge, you may eat quickly, and you may eat until you are uncomfortable. Binging can make you feel disgusted, ashamed and depressed, so you may binge alone or in secret. Even if you feel that your eating is out of control, you can't stop. People who have this disorder are often overweight or obese.

### Treatment

Binge eating disorder can be treated with talk therapy and with support groups. Medications may also help. Your first step is to make an appointment for treatment. Your primary care doctor or a mental health professional will find the right treatment for you.

Actor portrayals in photos

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