

What is Binge Eating Disorder?

Binge Eating Disorder is a severe life-threatening **and treatable** eating disorder.

Signs of Binge Eating Disorder:

1. Repeatedly eating a large amount of food (more than most people would in a similar situation) within a relatively short period of time while feeling that you've lost control of your eating - this is called a "binge episode".
2. Experiencing some or all of the following during a binge episode:
 - Feeling that you are eating more rapidly than normal;
 - Eating beyond the point of feeling full;
 - Eating large amounts of food, even when you don't feel hungry;
 - Eating alone because you are embarrassed at the amount you are eating;
 - Feeling disgusted with yourself or guilty after a binge.
3. Feeling distressed about the binge eating.

If you think you might have Binge Eating Disorder, please speak to your healthcare provider.

We have effective group treatment that can help!



Hamilton Family Health Team

Better care, together.

NUTRITION

MENTAL HEALTH

PHARMACY

NURSING



Are you wondering if you have Binge Eating Disorder?

Take some time to consider the following 4 questions.

SCREENING QUESTIONS FOR BINGE EATING DISORDER	
1. During the last three months, did you have any episodes where you felt you had excessively overeaten (where you felt you had eaten significantly more than you wanted to; or more than what most people would have eaten in similar circumstances in that amount of time?)	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. At these times, did you feel like you had lost control of your eating (for example, not being able to stop eating, even though you “knew that you should”)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Are these episodes of overeating something you feel distressed about?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. Have these episodes of overeating been happening at least once a week for the past 3 months?	<input type="checkbox"/> Yes <input type="checkbox"/> No

If you answered yes to all 4 questions you may be suffering from Binge Eating Disorder. **Please book an appointment with your healthcare provider** to discuss further and review possible treatment options.