

Slide 1

**Comprehensive Treatment of
Binge Eating Disorder from
Provider & Patient Perspective**

Denver • Colorado Springs • Kansas City • Lincoln

Slide 2

Objectives

- Define diagnostic criteria and appropriate treatment protocol for Binge Eating Disorder (BED).
- Understand necessity of multi-disciplinary team approach to eating disorder treatment.
- Identify key barriers to treatment for patients presenting with BED

www.eatingdisorder.com

Slide 3

Providers and Patient

TAMARA PRYOR, PHD, FAED
Executive Clinical Director & Director of Clinical Research | EDCare

DANIEL GIH, MD
Associate Professor | UNMC Department of Psychiatry

EMILY ESTES, MS, RD, LMNT
Clinical Registered Dietitian | EDCare and Sage Nutrition (MODERATOR)

MEG HIGGINS
Patient at Sage Nutrition

www.eatingdisorder.com

Slide 4

Types of Eating Disorders

- Anorexia Nervosa (AN)
- Bulimia Nervosa (BN)
- Binge Eating Disorder (BED)
- Other Specified Feeding & Eating Disorders

www.eatingdisorder.care

Slide 5

Binge Eating Disorder

"Binge Eating Disorder (BED) is characterized by recurring episodes of eating significantly more food in a short period of time than most people would eat under similar circumstances, with episodes marked by feelings of lack of control. This disorder is associated with marked distress and occurs, on average, at least once a week over three months."

- American Psychiatric Association

www.eatingdisorder.care

Slide 6

Binge Eating Disorder

- Recurrent binge eating episodes are characterized by eating large amounts of food with loss of control
- Episodes are associated with 3 or more of the following:
 - Eating much faster than normal
 - Eating until uncomfortably full
 - Eating large amounts of food when not feeling physically hungry
 - Eating alone due to embarrassment
 - Feeling disgust, depression, and/or guilt
- The binge eating occurs, on average, at least 2 days per week for 6 months

www.eatingdisorder.care

Slide 7



Slide 8

Why It Matters

- The DSM is widely used by insurance companies to determine care for an individual
- Establishing BED as a disorder that can be treated is critical to appropriate treatment and coverage
- To give health care professionals a common set of criteria for diagnosing BED
- 57% of people with BED never receive treatment, although BED is the most common type of ED

www.eatingdisordercare

Eating Disorder Treatment Goals

- Interrupt Eating Disorder behaviors
- Normalize eating behavior
- Healthy thinking about weight
- Treatment of emotional problems contributing to the eating disorder
- Increased family awareness
- Prevention of relapse