



# Alexian Brothers Behavioral Health Hospital

## When Food Becomes More Than Just Fuel

### Center for Eating Disorders Binge Eating Program

**Binge Eating is a growing problem**, and a disorder that likely affects millions of people in the United States. According to a recent national survey, binge eating is a more common disorder than Anorexia or Bulimia Nervosa. Available research shows that females are somewhat more likely to develop the condition than males, and that the disorder affects children and adults alike. Individuals with a Binge Eating Disorder use food to cope with stressors in their life. Because of these behaviors, they are often at a higher risk for medical complications including diabetes, high cholesterol, hypertension, heart disease, muscle and joint pain, and sleep apnea to name a few.



#### ***How do you know if someone has a Binge Eating Disorder?***

According to DSM-IV criteria, Binge Eating Disorder is characterized as the consumption of a large amount of food in a discrete period of time and the feeling of loss of control over eating.

Also, episodes of binge eating may include three or more of the following:

- Eating much more rapidly than normal
- Eating until feeling uncomfortably full
- Eating large amounts of food when not feeling physically hungry
- Eating alone because of feeling embarrassed by how much one is eating
- Feeling disgusted with oneself, depressed, or very guilty after overeating

#### ***What is unique about the program at Alexian Brothers?***

Our program experts have developed **specialized groups** to address binge eating patterns and improve the mind, body and spiritual connection of each individual. Our **self-regulatory, recovery-focused** treatment model provides **individualized case management**, group psychotherapy, nutrition interventions, gastric bypass surgery management, and comprehensive strategies for better coping skills.

The goal of treatment is to empower patients to reduce the binge patterns and to understand the functions that these behaviors serve. Evidence shows that those who seek out professional assistance are likely to see an improvement in their symptoms over time.

#### ***Why do people develop Binge Eating Disorder?***

Binge Eating is a relatively new condition studied by researchers. Current evidence suggests that there are biological, psychological and social contributions to the disorder. Other factors may include an extensive history of dieting, interpersonal issues, or a history of trauma and abuse. Individuals with binge eating issues may also suffer from depression, anxiety, and substance abuse, resulting in shameful feelings and a poor self-image.

***Learn more at [www.abbhh.org/ED](http://www.abbhh.org/ED)***

**ACCESS & REFERRALS:** We are committed to prompt attention. Please call us at 800-432-5005.



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**A Healthy Community Begins with Alexian Brothers.**

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