

The Tiger In the Jungle: Identifying Eating Disorders

vol. 7 Bingeing

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Southwest Michigan Eating Disorders Association
(formerly the Kalamazoo Eating Disorders Professional Coalition)
<http://www.kalamazooeatingdisorders.org/>

Special points of interest:

- * Definition and Guidelines
- * Additional Sources: web-sites, books, videos...
- * Where to Seek Help

Sources for information and help:

- * Dr. Reddy's page on eating disorders <http://www.drreddy.com/eatingdisorders/>
- * National Eating Disorders Association: www.nationaleatingdisorders.org
- * Something Fishy Website on Eating Disorders: www.somethingfishy.org

Just the Facts...

According to NEDA (National Eating Disorders Association) **Binge Eating (also Bingeing)** is "consuming an amount of food that is considered much larger than the amount that most individuals would eat under similar circumstances within a discrete period of time. While not yet recognized in the eating disorder literature, it appears to be the most common disorder.

Overeating is not the same as binge eating. A person that binge eats consumes more food than others would in the same amount of time and may feel a lack of control over their eating habits. The food consumption may occur when others are not around.

While a person with this disorder, that is still not in check, is likely to be obese, this may not be the case. That

will depend on a number of factors including how long they have been struggling with this disorder and how much is it consuming them.

Just as with the other eating disorders, there are long term physical, emotional, physiological, and social consequences. It is important that this people receive assistance to regain control of their own body and self-image.



Through early detection and quick response time, it is possible to minimize the negative impact of an eating disorder.

Warnings:

People as young as seven and eight are being diagnosed with eating disorders. This is not just a problem among older children and teens.

A person may suffer from more than one form of eating disorder or have

other contributing factors that can effect recovery. Therefore, it is helpful if you note additional information about the individual when communicating your concerns.



