

ENCOURAGEMENT
UNDERSTANDING HOPE
INSPIRATION RELAXATION
TRUST BINGE-EATING
DISORDER CARE
FREEDOM PLEASURE RELIEF
CONFIDENCE EXHILARATION
ACCOMPLISHMENT
STIMULATING LIGHTENING
COMFORT CLEAN REVITALISING
OPTIMISM PLEASURE
WHOLENESS SOOTHING
QUALITY CARE PROTECTION
SUPPORT WELLBEING VIGOR
HAPPINESS VITALITY REST
GUIDANCE TRUST HELP
DEVELOPMENT NOURISHING
HOPE HEALTH LOVE
REFRESHING STIMULATING
HEALING AND RELAXATION
SANCTUARY ENERGY
STRENGTH EDUCATION SAFE
ASSIST MAINTAIN AID
CARE

PRIORY

Although only recently recognised as an eating disorder, binge-eating disorder (BED) is in fact fairly common. This leaflet aims to help you understand BED - the causes, symptoms and the treatment available.

What is BED?

BED is an eating disorder characterised by overeating in binges, often when you are not hungry. Unlike bulimia, you do not make yourself sick after bingeing, or take laxatives. In the long-term, this can lead to being overweight.

What causes BED?

Although BED is on the increase, we know little about what causes it. What we do know is that it starts when food is used to control feelings.

BED is strongly associated with depression. Anxiety, low self-esteem, stress and general difficulties in coping can contribute to BED.

Research also suggests that your genes and your family's attitude towards food can make you more likely to suffer from BED.

Who gets BED?

BED affects both men and women equally, at any age, but it's most common between the ages of 20 and 40.

What are the signs of BED?

Not everyone will show the same signs, but the most common are:

- binge-eating when you are not hungry;
- eating until you are uncomfortably full;
- eating alone because you are embarrassed about how much you have eaten;
- feeling out of control around food; and
- feeling ashamed, depressed or guilty after bingeing.

SOOTHING RELAXATION REVITALISING ENERGY HOPE HEALING AND SANCTUARY PEACE

The effects of BED

Binge-eating disorder can lead to serious physical and psychological problems over time, including:

- depression
- lack of fitness and general ill health from a lack of healthy nutrition;
- obesity and its associated illnesses, such as high blood pressure, high cholesterol levels, heart disease and diabetes;
- problems with relationships;
- stress, anxiety, low self-esteem and social isolation; and
- an increased likelihood of developing certain cancers.

How does BED affect family life?

BED affects the whole family. Loved ones often find it hard to understand that an eating disorder is actually about feelings and coping, rather than food. This can lead to misunderstandings and arguments, particularly at meal times.

Most families benefit from family help aimed at supporting and managing any difficult relationships.

Can I recover from BED?

Even after many years with the illness, most people recover completely with the right treatment, although they may experience setbacks along the way.

TRUST PEACE

How is BED treated?

BED needs specialist help to treat both the psychological causes and its physical side effects.

Contacting your GP is often the easiest way to get help and further treatment. He or she may offer you counselling or dietary counselling, or refer you to a specialist for further assessment. This may lead to outpatient treatment or, if more serious, day or inpatient treatment.

If you're worried about talking to your GP, you can:

- consider writing down your concerns and questions;
- take a friend or family member with you;
- see another doctor in the practice; or
- join a new GP practice.

The type of professional support offered will depend on the services that are available in your area and the arrangements that your primary care trust (PCT) has with other health authorities or private providers. Specialist treatment for eating disorders is also available privately through the Priory Group.

Family and friends can also help through their support and care. It is particularly helpful for relatives to understand that your eating disorder is your way of coping with emotional difficulties, and that you may have mixed feelings about changing your eating patterns.

Therapies used to treat BED include dietary counselling and cognitive behaviour therapy (CBT). Other forms of talking therapy are also helpful. CBT has become more popular over the past few years and can reduce symptoms by identifying, challenging and changing unhelpful thinking patterns and beliefs that lead to bingeing. Specific antidepressant medication can also help reduce your urge to binge as well as to treat any depressive symptoms.

ON NOURISHING QUALITY ENT HELP CARE GUIDANCE S SOOTHING STIMULATING

Self help

Self help may be useful as the first stage of treatment or alongside other treatments. There are many different types of self help publications and you need to find the right one for you. The Eating Disorders Association has a list of self help publications, and many of them are available from the EDA bookshop.

Self help groups can be a useful support but they do not replace professional treatment. However, they can help sufferers and families understand that they are not alone, and offer valuable support and practical advice.

Finding help

If you feel that you or a close relative are affected by binge-eating disorder and would like help or more information, you can ask your GP or contact any of the following organisations.

Eating Disorders Association	0845 634 1414 (www.edauk.com)
Helpline e-mail address:	helpmail@edauk.com
NHS Direct (England and Wales)	0845 4647 (www.nhsdirect.nhs.uk)
NHS 24 (Scotland)	08454 242424 (www.nhs24.com)
National Institute for Health and Clinical Excellence	0207 067 5800 (www.nice.org.uk)
Priory	0845 4 PRIORY 0845 4 774679 (www.priorygroup.com)

If you are interested in receiving treatment from us, your GP will be able to refer you.

If you or your relative have a private medical insurance, your insurer will probably insist that your GP refers you to us.

COMFORT ACCOMPLISHMENT
FREEDOM PLEASURE RE
RELAXATION SUPPORT CO
STIMULATING VIGOR EXH

COMFORT REVITALISING
INSPIRATION CLEAN
ENCOURAGEMENT
FREEDOM PLEASURE RELIEF

Why should I choose Priory?

Our service

At Priory, our committed and professional staff provide the highest standards of care, understanding and service for everyone. This service brings hope and confidence, allowing our patients to take control of their lives within a safe and secure environment.

Expertise and innovation

Through our close links with the public and private sectors, we've developed the expertise and innovation to offer consistent and successful treatment. And, as Europe's leading independent provider of specialist mental health, neuro-rehabilitation and special education services, we bring experience and an excellent reputation.

We admit patients 24 hours a day, seven days a week.

This document has been edited by Dr Alex Yellowlees, with the support of the Eating Disorders Association (www.edauk.com) and Plain English Campaign (www.plainenglish.co.uk).

The Crystal Mark applies to wording only.



ENT TRUST
ELIEF HOPE
ONFIDENCE
ILARATION

The Priory Hospital Altrincham

Rappax Road, Hale, Cheshire, WA15 0NX
Phone: 0161 904 0050 Fax: 0161 980 4322

The Priory Hospital Brighton & Hove

14-18 New Church Road, Hove, East Sussex, BN3 4FH
Phone: 01273 747 464 Fax: 01273 727 321

The Priory Hospital Bristol

Heath House Lane, Stapleton, Bristol, BS16 1EQ
Phone: 0117 952 5255 Fax: 0117 952 5552

The Priory Hospital Chelmsford

Stump Lane, Springfield Green, Chelmsford, Essex, CM1 7SJ
Phone: 01245 345 345 Fax: 01245 346 177

The Priory Hospital Glasgow

38-40 Mansionhouse Road, Glasgow, G41 3DW
Phone: 0141 636 6116 Fax: 0141 636 5151

The Priory Hospital Hayes Grove

Prestons Road, Hayes, Bromley, Kent, BR2 7AS
Phone: 020 8462 7722 Fax: 020 8462 5028

The Priory Highbank Eating Disorder Service

Walmersley House, Walmersley Road, Bury, Lancs, BL9 5LX
Phone: 01706 829 540 Fax: 01706 829 534

The Priory Hospital North London

Grovelands House, The Bourne, Southgate, London, N14 6RA
Phone: 020 8882 8191 Fax: 020 8447 8138

The Priory Clinic Nottingham

Ransom Road, Nottingham, NG3 5GS
Phone: 0115 9693 388 Fax: 0115 9693 381

The Priory Hospital Preston

Rosemary Lane, Bartle, Preston, Lancashire, PR4 0HB
Phone: 01772 691 122 Fax: 01772 691 246

The Priory Hospital Roehampton

Priory Lane, Roehampton, London, SW15 5JJ
Phone: 020 8876 8261 Fax: 020 8392 2632

The Priory Hospital Southampton

Hythe Road, Marchwood, Southampton, SO40 4WU
Phone: 023 8084 0044 Fax: 023 8020 7554

The Priory Ticehurst House

Ticehurst, Wadhurst, East Sussex, TN5 7HU
Phone: 01580 200 391 Fax: 01580 201 006

The Priory Hospital Woking

Chobham Road, Knaphill, Woking, Surrey, GU21 2QF
Phone: 01483 489 211 Fax: 01483 797 053

Woodbourne Priory Hospital

21 Woodbourne Road, Edgbaston, Birmingham, B17 8BY
Phone: 0121 434 4343 Fax: 0121 434 3270

PRIORY

Priory Group, Priory House, Randalls Way,
Leatherhead, Surrey, KT22 7TP

Phone: 01372 860 400 Fax: 01372 860 401

Email: info@priorygroup.com www.priorygroup.com