

# Binge eating disorder

Binge eating disorder is characterized by compulsive [overeating](#) in which people consume huge amounts of food while feeling out of control and powerless to stop. The symptoms of binge eating disorder usually begin in late adolescence or early adulthood, often after a major diet. A binge eating episode typically lasts around two hours, but some people binge on and off all day long. Binge eaters often eat even when they're not hungry and continue eating long after they're full. They may also gorge themselves as fast as they can while barely registering what they're eating or tasting.

The key features of binge eating disorder are:

Frequent episodes of uncontrollable binge eating  
Feeling extremely distressed or upset during or after bingeing  
Unlike bulimia, there are no regular attempts to "make up" for the binges through vomiting, fasting, or over-exercising  
People with binge eating disorder struggle with feelings of guilt, disgust, and depression. They worry about what the compulsive eating will do to their bodies and beat themselves up for their lack of self-control. They desperately want to stop binge eating, but feel like they can't.

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Raggi et al reported for the first time the presence of [Binge eating disorder](#) (BED) among patients with [idiopathic intracranial hypertension](#) (IIH) and showed that BED is associated to IIH, ICP and history of abuse or neglect <sup>1)</sup>.

<sup>1)</sup>

Raggi A, Curone M, Bianchi Marzoli S, Chiapparini L, Ciasca P, Ciceri EF, Erbetta A, Faragò G, Leonardi M, D'Amico D. Impact of obesity and binge eating disorder on patients with idiopathic intracranial hypertension. Cephalalgia. 2016 Mar 18. pii: 0333102416640514. [Epub ahead of print] PubMed PMID: 26994301.

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Last update: **2024/06/07 02:53**

