

## Binge Eating Disorder (BED): Nutritional Precaution and Treatment

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### Abstract: (600 words)

When compared to the conventional entities Bulimia Nervosa and Anorexia Nervosa, Binge Eating Disorder (BED) has a higher prevalence in the global population. This disorder occurs when a person eats an excessive amount of food and loses control over what and how much they eat, leading to emotions of guilt, shame, and/or disgust, with no compensatory strategies used. Because BED is frequently diagnosed in persons seeking weight-loss treatment, dietitians must be able to recognise it and carry out the proper processes when dealing with it. The goal of this research was to undertake a literature review on the function of diet in BED prevention and treatment approaches. Early detection of habits, particularly eating behaviours, prior to the onset of BED can help to prevent the disorder. Screening questionnaires, body image, and family history research are all useful tools for identifying BED risk factors. BED can be prevented by raising awareness about diets and encouraging a healthy diet with regular schedules, either individually or in groups. As a result, those with BED may be more likely to develop comorbidities like obesity, hypertension, depression, and other physical and mental illnesses. It may also cause foetal macrosomia and an increased likelihood of caesarean section surgery in pregnant women. Binge eating episodes should be screened and their risk subgroups identified in the case of a disorder whose prevalence exceeds that of the classic entities Periodic Eating Disorder is defined as recurrent episodes of ingestion of a large amount of food in a short period of time, accompanied by a sense of loss of control, and followed by feelings of guilt, disgust, and / or shame. Those with BED eat more food in less than two hours than people in similar situations.

### Importance of Research: (200 words)

Periodic Compulsive Eating, first documented in 1959, has acquired evidence since its inclusion in Appendix B of the DSM-IV (Diagnostic and Statistical Manual of Mental Disorders) in 1994, when it was classed as "Eating Disorder Not Specified" as a new diagnostic category in need of more research. Diagnostic criteria for Periodic Eating Disorder were proposed in this document, including: ACEs are bouts of recurrent eating disorders in which an excessive amount of food is consumed followed by a loss of control. At least three factors that show a loss of control (eating more quickly than usual, eating till you're full, eating too much even when you're not hungry, eating yourself out of shame about how much you eat, and feeling humiliated, depressed, or guilty after an episode of compulsion); The goal of this change was to raise awareness about the differences between Periodic Eating Disorder and the most frequent form of overeating in the public.

### Biography: (200 words)

Tara Carney is an independent Clinical Dietician, Health and Nutrition Consultant and Media Spokesperson. She has Bachelors with a BS in Nutrition and Dietetics and a Master's in Public Health with an emphasis in Health Behavior Education from the American University of Beirut. She acted as Cofounder and Chief Clinical Officer at Live'ly L.L.C, an SME specializing in clinical and catering services for weight management that started in Dubai, UAE in 2005. He has participated in a grant (JSC National Medical University named after S.Asfendiarov) for the study of polymorphism in diabetes mellitus. Conducted several types of research comparing the functional food production and safety regulations in Japan, USA, China, Korea, Taiwan, Singapore. She hosts regular nutrition segments on local TV channels targeting the general Arab speaking public and mothers and children specifically. Her long experience in the UAE's multicultural setting and in the media has given her special interest in nutrition communication and its effect on behavioral change.

### Information of Institute: (200 words)

AUB alumni have had a broad and significant impact on the region and the world for many years. For example, 20 AUB alumni were delegates to the signing of the United Nations Charter in 1945—more than any other university in the world. AUB graduates continue to serve in leadership positions as presidents of their countries, prime ministers, members of parliament, ambassadors, governors of central banks, presidents and deans of colleges and universities, academics, business people, scientists, engineers, doctors, teachers, and nurses. They work in governments, the private sector, and in nongovernmental organizations. In 1982 acting president David S. Dodge was kidnapped on campus by pro-Iranian Shiite Muslim extremists. On January 18, 1984, AUB President Malcolm H. Kerr was murdered outside his office by members of Islamic Jihad, which preceded the Hezbollah. In all, 30 university-connected people were kidnapped during the war.

### Institute Photograph:



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