

Doctor discussion guide

BED



When it comes to your health, it is important to address your concerns with your doctor. Not sure how to get the conversation started? Here are some tips:

1. Be honest about your eating habits.

Tell your doctor what's going on and how long you've been bingeing.

2. Tell your doctor how bingeing affects your life.

Your doctor needs to know if your eating habits cause problems with your everyday life.

3. Talk about your eating habits and health history – and your family's too.

Binge eating can run in families.

Write down any questions you may have in advance. Here are some questions you may want to ask your doctor:

1. What are next steps now that we have reviewed my BED self-assessment results?
2. Am I just overeating? Or is this BED?
3. How is BED managed?
4. What types of treatments exist for BED in Canada?
5. Where can I find support and information for myself?
6. Who else can I reach out to for support (e.g., other healthcare professionals)?

Keep an eating journal

Your doctor may ask questions about your eating habits and tendencies. By keeping a journal, you can readily keep track of your eating and how you felt before, during and after any binge episodes.

Additional notes

