

# 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.

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### 2. Tell your doctor how bingeing affects your life.

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

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

Binge eating can run in families.

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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

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