

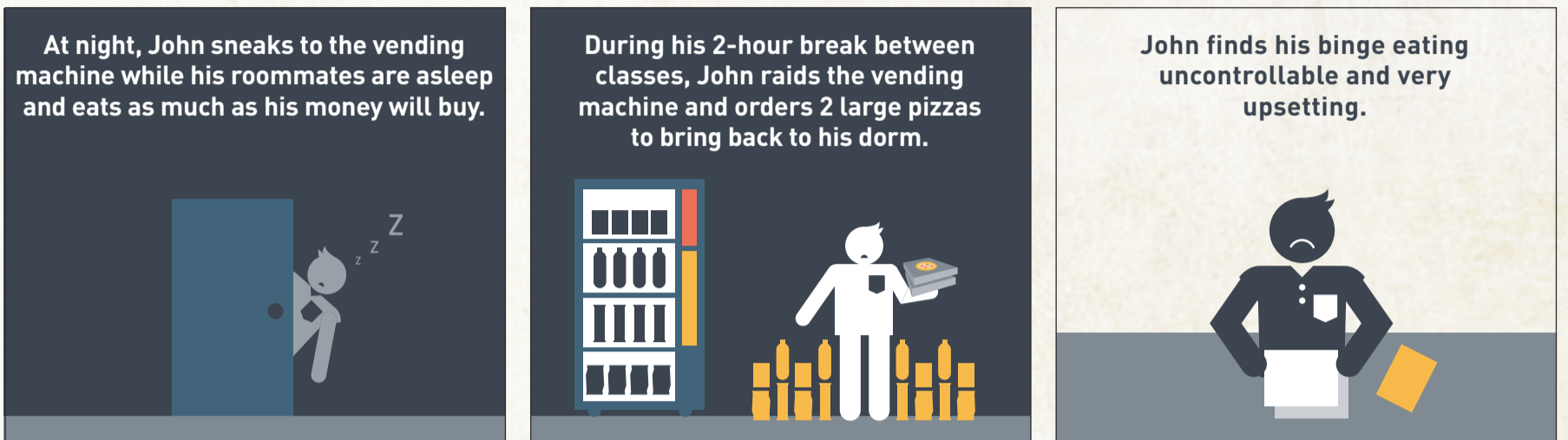
BINGE EATING DISORDER (B.E.D.): AN ADULT PATIENT'S JOURNEY

Disclaimer: Meet John. He is experiencing symptoms that may be B.E.D., but has not yet spoken with his health care provider.



Meet John
Let's follow his journey.

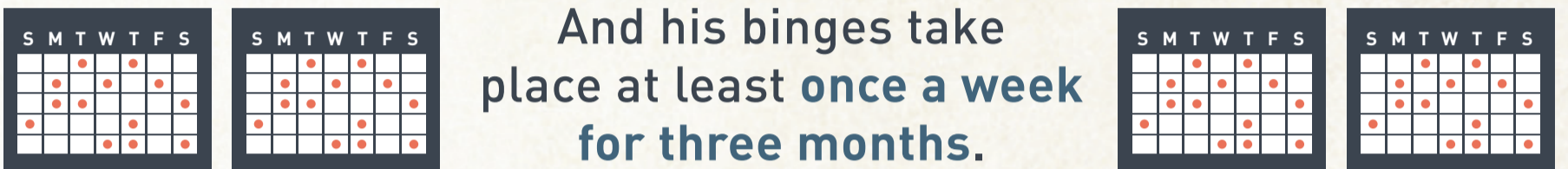
Between now and his diagnosis, John's eating binges will look something like this:



At night, John sneaks to the vending machine while his roommates are asleep and eats as much as his money will buy.

During his 2-hour break between classes, John raids the vending machine and orders 2 large pizzas to bring back to his dorm.

John finds his binge eating uncontrollable and very upsetting.



And his binges take place at least **once a week** for three months.

During his binges, he experiences at least three of the following:



Eating very quickly

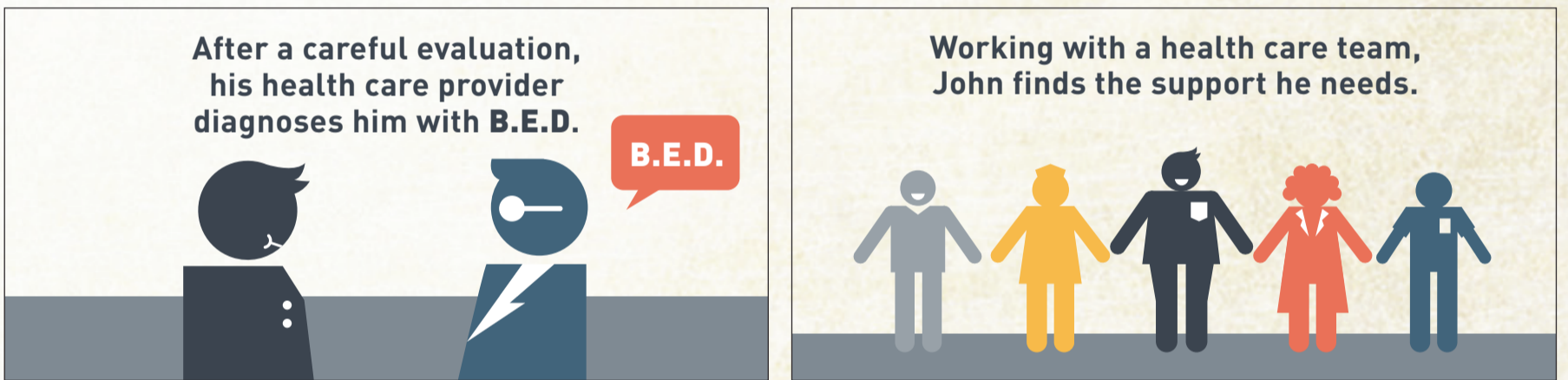
Eating beyond being full

Eating a lot when not hungry

Eating alone to hide how much food he is eating

Feeling guilty after a binge

But after struggling with his symptoms, John decides that he needs to talk to his health care provider.



After a careful evaluation, his health care provider diagnoses him with B.E.D.

Working with a health care team, John finds the support he needs.

John's story is fictional, but may represent real life experiences of some adults with B.E.D.



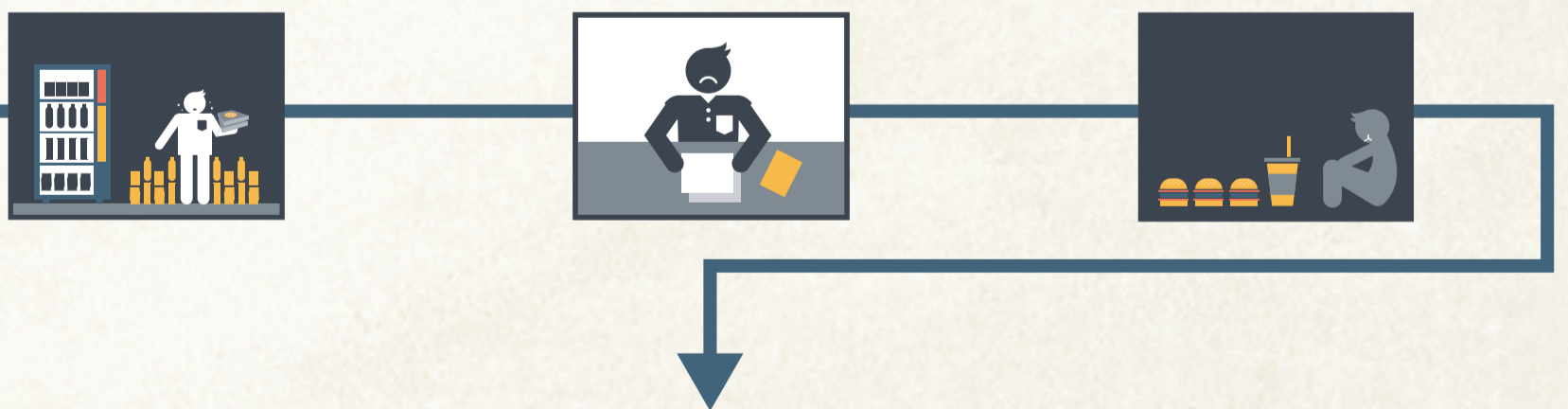
B.E.D. is more than just overeating.

It is a distinct medical condition that affects an estimated **2.8 million US adults**, according to a national survey.*

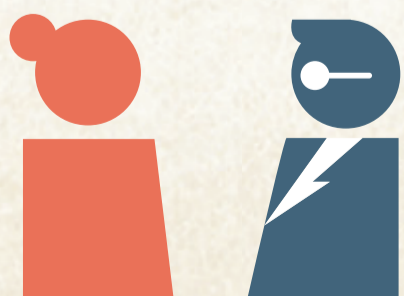
**Based on 12-month prevalence estimates applied to the full US population ≥18 years.*



Like some other adults who experience symptoms of B.E.D., John was hesitant to speak to a health care provider because he didn't know he was suffering from a real medical condition.



What would John have done if he knew support was available?



If you think you may be experiencing symptoms of **B.E.D.**, talk to a health care provider.

Talk to a health care provider and visit www.BingeEatingDisorder.com to learn more.