



BED Discussion Guide

Use this conversation starter to discuss BED with your doctor

Here are some ideas to help you start the conversation with your doctor, and ways to be prepared for the questions he or she may ask you in return.

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 eating episodes.

Print out your BED screener results

This screener was designed to help you quickly and simply determine if you may suffer from BED. Share your results with you doctor. Be Open with your Doctor-Be open and honest with your doctor about your concerns related to your eating habits and how this is affecting your life.

Ask Questions†

When it comes to your health, it is important to address your concerns with your doctor. Write down any questions you may have in advance.