

Making Changes:

Cognitive Behavior Therapy for Binge Eating Disorder

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Making Changes

Week 3

Choosing Your Lifestyle Plan

Weight Management Options

- Healthy Living
- Weight Loss Through Lifestyle Change
- Weight Loss Medications
- Bariatric Surgery

Weight Management Options: Healthy Living

- **Healthy Living: Food**
 - A nutritionally balanced, low-fat plan
 - Designed to meet your body's energy needs, modified for obesity.
 - Includes treats and “exceptional” days
 - The established CBT approach to treating BED and eliminating binge eating
 - Use self-monitoring to identify and resolve triggers for binge eating.

Weight Management Options: Healthy Living

- **Healthy Living: Physical Activity**
 - Regular physical activity within guidelines.
 - Either structured, or built into lifestyle
 - 60 minutes built into your lifestyle
 - 30 minutes, 5 days per week of planned activity

Weight Management Options: Healthy Living

- **Healthy Living: Weight**
 - With cessation of binge eating, weight gain expected to stop
 - May experience up to 5% weight loss
 - May not experience any weight loss
 - Body image based on accepting your “natural” weight.

Weight Management Options: Healthy Living

- Healthy Living: Health

- Nutrition

- There are research findings showing certain nutritional choices reduce the risk of chronic diseases. We will provide you with this information.

- Physical Fitness

- There is *strong* evidence that fitness is associated with good health *in every weight class*.
 - If you are concerned with health, becoming active should be one of your greatest priorities.

- Healthy Living: Body Image

- You will work at improving body image through CBT

Weight Management Options: Healthy Living

- **Healthy Living: Factors to Consider**
 - Clear role in stopping and preventing binge eating
 - To stabilize eating if considering surgery
 - Optimal nutrition and activity for good health
 - Requires planning to initiate change; but consistent with “normal” cultural eating.
 - Flexible: Allows easy socializing
 - Recommended for binge eaters; normal to overweight, or obese without health risk factors; obese who have repeatedly failed at weight loss attempts.

Weight Management Options: Weight Loss through Lifestyle

- Weight Loss through Lifestyle: Food
 - Balanced, low fat plan
 - 500 calories/day below your energy needs (adjusted for obesity)
 - Very limited exceptions to plan
 - Binge eating shown to stop while on plan, but not clear about long term.
 - Self-monitoring to identify and resolve triggers for binge eating

Weight Management Options: Weight Loss through Lifestyle

- **Weight Loss through Lifestyle: Activity**
 - Goal of 60 minutes of vigorous activity per day
 - Most likely walking or pool work
 - Work up to this gradually

Weight Management Options: Weight Loss through Lifestyle

- **Weight Loss through Lifestyle: Weight**
 - Likely to achieve 5-10% weight loss (15% at best). Average is 8%. Sufficient to have positive impact on health, even if temporary.
 - Likely to regain weight over time. Most regain 2/3 within one year and return to baseline within 5.

Weight Management Options: Weight Loss through Lifestyle

- Weight Loss through Lifestyle: Health
 - Weight loss in 5%+ range expected to improve health (change risk factors)
 - Even if weight loss temporary, possible benefits to health
 - Much research to suggest that *lifestyle change* associated with weight loss (improved diet and increased physical activity) accounts for improvement to health.

Weight Management Options: Weight Loss through Lifestyle

- **Weight Loss through Lifestyle: Body Image**
 - Weight loss may improve body image but not a recommended strategy because of weight regain.
 - Recommend CBT for body image.
 - Body image based on self-acceptance of wherever body weight stabilizes (NO goal weight)

Weight Management Options: Weight Loss through Lifestyle

- **Weight Loss Through Lifestyle: Factors to Consider**
 - If binge eating continues, should follow healthy living plan.
 - Must be organized and disciplined, willing to rigorously follow food and activity plan with few exceptions, willing to commit time daily to physical activity.
 - Recommended for BMI between 25 and 40; not experiencing health problems related to weight; not binge eating; not have history of numerous weight loss failures.

Weight Management Options: Weight Loss through Lifestyle

- Three reasons to be concerned about this plan:
 - Binging
 - Plan puts you at risk of feeling “bad” or “good” in terms of eating
 - plan is more rigid
 - plan will leave you hungrier
 - Body Image
 - Risk of weight regain is not good for body image
 - Not being level-headed
 - Eating disordered patients are notorious for not being able to stay on plan if successful; want more.

Weight Management Options: Weight Loss through Medication

- Work with physician to choose medication
- Medications Approved in Canada:
 - Orlistat (Xenical):
 - Reduces fat absorption in the intestines
 - Side Effects: Abdominal bloating, pain and cramping, fecal incontinence
 - Vyvanse (Lisdexamfetamine)
 - Stimulant medication historically used to treat ADHD
 - Has been shown to reduce binge eating; no support as weight loss drug
 - Is a controlled substance, as can lead to dependence or abuse; caution for those with history of substance abuse
 - Common Side Effects: dry mouth, trouble sleeping, decreased appetite, increased heart rate/anxiety, constipation. Serious Adverse Reactions: sudden death, stroke, heart attack, increased blood pressure/heart rate, new/worse bipolar illness, Raynaud's phenomenon
 - Saxenda (Liraglutide)
 - Helps to regulate appetite by sending a message to the brain that we are full
 - Common Side Effects: nausea, diarrhea, constipation, vomiting, headaches, hypoglycaemia. Serious Adverse Reactions: pancreatic inflammation, gallbladder disease, impaired kidney function, thyroid tumours and cancer (in rats)

Weight Management Options: Weight Loss through Medication

- Weight loss through medication: Food
 - Healthy living food plan for malabsorption of fat
 - Weight loss through lifestyle change plan for Saxenda.
 - Self-monitoring to identify and resolve triggers for binge eating

Weight Management Options: Weight Loss through Medication

- Weight Loss through Medication: Activity
 - Same as Healthy Living plan
 - Regular physical activity within guidelines.
 - Either structured, or built into lifestyle
 - 60 minutes built into your lifestyle
 - 30 minutes, 5 days per week of planned activity

Weight Management Options: Weight Loss through Medication

- **Weight Loss through Medication: Weight**
 - Weight loss of 5 – 15% (average 8%) typical and only sustained while on medication.
 - For weight loss to occur, lifestyle changes must also occur. Medication supports these changes.

Weight Management Options: Weight Loss through Medication

- Weight Loss through Medication: Health
 - Similar to Weight Loss through Lifestyle plan
 - Weight loss in 5%+ range expected to improve health (change risk factors)
 - Even if weight loss temporary, possible benefits to health
 - Much research to suggest that *lifestyle change* associated with weight loss (improved diet and increased physical activity) accounts for improvement to health.

Weight Management Options: Weight Loss through Medication

- Weight Loss through Medication: Body Image
 - Body image based on self-acceptance of wherever body weight stabilizes (NO goal weight)
 - CBT for body image recommended

Weight Management Options: Weight Loss through Medication

- Weight loss through Medication: Factors to consider
 - Use of medication recognizes that body will fight weight loss.
 - Some medications have been shown to specifically reduce binge eating. (no longer on the market)
 - You will have to evaluate side effects.
 - Plan for longer term unclear.
 - Recommended for BMI greater than 40, or above 30 with weight-related health risks (or high waist circumference); *not* recommended for addressing body image concerns; certain medications recommended for binge eating.

Weight Management Options: Weight Loss through Surgery

- **Weight loss through Bariatric Surgery: Food**
 - Healthy living plan if you wish to eliminate binge eating and establish healthy patterns prior to surgery
 - Some programs want you to demonstrate you can follow a weight loss program. If this is true, you will follow weight loss through lifestyle plan
 - Self-monitoring to identify and resolve triggers for binge eating.
 - Following surgery, will work with dietitian on bariatric team

Weight Management Options: Weight Loss through Surgery

- **Weight Loss through Surgery: Activity**
 - To best prepare for surgery, fitness desirable
 - Will follow the healthy living activity plan
- Either structured, or built into lifestyle
 - 60 minutes built into your lifestyle
 - 30 minutes, 5 days per week of planned activity

Weight Management Options: Weight Loss through Surgery

- Weight Loss through Surgery: Weight
 - Significant weight loss is expected. Up to 50%.
 - Some regain in years 2 and 3.
 - Typical final weight loss is around 30%.
 - ANY recurrence of binge eating, even if smaller quantities of food eaten, will result in weight regain.

Weight Management Options: Weight Loss through Surgery

- Weight Loss through Surgery: Body Image
 - Weight loss results in improved body image
 - CBT still recommended because some weight regain likely; recommended BEFORE surgery
 - Are some issues specific to surgery (e.g., loose skin) that need to be considered

Weight Management Options: Weight Loss through Surgery

- **Weight Loss through Surgery: Factors to Consider**
 - Must consult physician, preferably at well-established centre for bariatric surgery.
 - Will require life-long medical monitoring.
 - Gastric banding associated with development of “new” eating disorder and weight regain in people with history of BED.
 - Gastric bypass better outcome for diabetes and not associated with “new” eating disorder.
 - *Only* recommended for BMI over 40 or over 35 with weight related health problems; for those who’ve tried other weight loss options; no psychosis or substance abuse; ideally eating normalized and binge eating under control.