

EATING DISORDER AND CONSENT TO TREAT

I read the pamphlet "EATING DISORDERS, Guidance for Patients, Families, and Friends" published by the American Psychiatric Association (APA) and available for download on my provider's website. I have a binge eating disorder - ICD10 F50.81, and possibly other specified feeding or eating disorders (OSFED) - ICD10 F50.89, as defined by the APA.

Signs of a Binge Eating Disorder to look for to look out for might include:

- Eating past the point of satisfaction and to the point of discomfort.
- Eating too fast to notice how much you eat or how it feels.
- Eating large amounts of food when you're not hungry or after recently finishing a meal.
- Eating in response to emotional stress (emotional eating).
- Eating alone and in secret and avoiding social eating.
- Organizing your schedule around binge eating sessions.
- Hoarding and stashing food in hidden places to access later.
- Hiding eating from others because you're embarrassed about how much you're eating.
- Obsessive thinking about food and specific food cravings.
- Frequent dieting, which may cause weight fluctuations or no weight loss.
- Guilt, remorse, shame, and self-esteem issues related to binge eating.

Signs of OSFED to look out for might include:

- Overly focused on and/or secretive behavior around food
- Self-consciousness when eating in front of others
- Low confidence and self-esteem
- Poor body image
- Irritability and mood swings
- Tiredness
- Social withdrawal
- Feelings of shame, guilt, and anxiety
- Difficulty concentrating

I understand that psychotherapy is a crucial element in treating an eating disorder and that weight loss medications, like tirzepatide, semaglutide, or lisdexamfetamine, may help control my obsessive thinking about food. I have been counseled and strongly encouraged to attend psychotherapy counseling for my condition.

Off-label use of tirzepatide and semaglutide for cosmetic weight loss and/or eating disorders has not been proven safe and effective in long-term clinical studies. It is, therefore, not approved by the U.S. Food and Drug Administration (FDA) and can carry certain risks and potential side effects. I have signed a consent form acknowledging these risks.

I understand that medications, like tirzepatide, semaglutide, or lisdexamfetamine, may be contraindicated if I have a history of severe anxiety, depression, or suicidal thoughts, and I will not take any if this is the case.

Patient Signature

Date