**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](https://www.icd10data.com/ICD10CM/Codes/F01-F99/F50-F59/F50-/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](https://health.clevelandclinic.org/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.

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Patient Signature Date