

Relationship between binge eating disorder (bed) and development of metabolic syndrome (mets): A systematic review

Chinonso Ndubuisi

Humboldt Park hospital, Chicago

Abstract

Binge Eating Disorder (BED) or uncontrolled food consumption is strongly associated with metabolic syndrome as a significant risk factor for health. Metabolic Syndrome (MetS) is characterized by central adiposity, high-density lipoprotein (HDL) cholesterol, hypertriglyceridemia, hypertension, and increased fasting blood glucose.

Approximately 9% of the general population suffer from Binge eating disorder (BED), a significant risk factor for Metabolic Syndrome (MetS). This study evaluates the association between Binge Eating disorder (BED) and Metabolic Syndrome (MetS) development through a systematic review. Through analysis of previous studies, we discovered that 93 percent of those with BED had metabolic syndrome parameters in a series of investigations on BED conducted in general care. This systematic review aims to connect the frequency of binge-eating episodes and the development of metabolic syndrome. We have extracted five major studies (n=5) through screening following systematic review standards.

Received: July 07, 2022; **Accepted:** July 14, 2022; **Published:** July 29, 2022

Biography

Chinonso Ndubuisi is an International Medical Graduate from Nigeria applying for US medical residency in 2023. He has been part of rural health outreaches to and worked with vulnerable children, the less privileged, People living with HIV/AIDs, and generally the underserved population. His health education establishment, born out of his strong interest in serving the underserved population, uses social media and physical outreaches to reach out to over 4500

audiences and create health education, first aid education, and mental health awareness. His problem-solving, teamwork, ability and willingness to learn from people, and management skills have enabled me to achieve this feat. He endeavors to make a difference in the world by educating people about disease prevention and mental health awareness.