

# Binge

## Binge

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## Binge drinking

*Binge drinking, or heavy episodic drinking, is drinking alcoholic beverages intending to become intoxicated by heavy consumption of alcohol over a short*

Binge drinking, or heavy episodic drinking, is drinking alcoholic beverages intending to become intoxicated by heavy consumption of alcohol over a short period, but definitions vary considerably.

Binge drinking is a style of drinking that is popular in several countries worldwide, and overlaps somewhat with social drinking since it is often done in groups. The degree of intoxication, however, varies between and within various cultures that engage in this practice. A binge on alcohol can occur over hours, last up to several days, or, in the event of extended abuse, even weeks. Due to the long term effects of alcohol abuse, binge drinking is considered to be a major public health issue.

Binge drinking is more common in males, during adolescence and young adulthood. Heavy regular binge drinking is associated with adverse effects on neurologic, cardiac, gastrointestinal, hematologic, immune, and musculoskeletal organ systems as well as increasing the risk of alcohol induced psychiatric disorders. A US-based review of literature found that up to one-third of adolescents binge-drink, with 6% reaching the threshold of having an alcohol-related substance use disorder. Approximately one in 25 women binge-drinks during pregnancy, which can lead to fetal alcohol syndrome and fetal alcohol spectrum disorders. Binge drinking during adolescence is associated with traffic accidents and other types of accidents, violent behavior as well as suicide. The more often a child or adolescent binge drinks and the younger they are the more likely that they will develop an alcohol use disorder including alcoholism. A large number of adolescents who binge-drink also consume other psychotropic substances.

Frequent binge drinking can lead to brain damage faster and more severely than chronic drinking (alcoholism). The neurotoxic insults are due to substantial amounts of glutamate which are released and overstimulate the brain as a binge finishes. This results in excitotoxicity, a process which damages or kills neurons (brain cells). Each binge drinking episode immediately assaults the brain; repeat episodes result in accumulating harm. The developing adolescent brain is thought to be particularly susceptible to the neurotoxic effects of binge drinking, with some evidence of brain damage occurring from drinking more than 10 or 11 drinks once or twice per month. A 2020 study found that even a single episode of binge drinking can lead to atrophy of the brain's corpus callosum, from which damage was still detectable by an MRI scanner five weeks later. With prolonged abstinence neurogenesis occurs which can potentially reverse the damage from alcohol abuse.

## Binge (streaming service)

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## The Binge

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The Binge is a 2020 American parody film directed by Jeremy Garelick and written by Jordan VanDina. A parody of The Purge, the film stars Skyler Gisondo, Eduardo Franco, Dexter Darden, Vince Vaughn, Grace Van Dien and Zainne Saleh.

The Binge was released in the United States on August 28, 2020, by Hulu. The film received generally negative reviews from critics, although the performances of the cast, especially Vaughn's, were praised.

A Christmas-themed sequel, It's a Wonderful Binge, was released on December 9, 2022, by Hulu.

## Binge eating disorder

*Binge eating disorder (BED) is an eating disorder characterized by frequent and recurrent binge eating episodes with associated negative psychological*

Binge eating disorder (BED) is an eating disorder characterized by frequent and recurrent binge eating episodes with associated negative psychological and social problems, but without the compensatory behaviors common to bulimia nervosa, OSFED, or the binge-purge subtype of anorexia nervosa.

BED is a recently described condition, which was introduced to distinguish binge eating similar to that seen in bulimia nervosa but without characteristic purging. Individuals who are diagnosed with bulimia nervosa or binge eating disorder exhibit similar patterns of compulsive overeating, neurobiological features such as dysfunctional cognitive control and food addiction, and biological and environmental risk factors. Some professionals consider BED to be a milder form of bulimia, with the two conditions on the same spectrum.

Binge eating is one of the most prevalent eating disorders among adults, though it receives less media coverage and research about the disorder compared to anorexia nervosa and bulimia nervosa.

## Binge-watching

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## Binge eating

*such as binge eating disorder and bulimia nervosa. During such binges, a person rapidly consumes an excessive quantity of food. A diagnosis of binge eating*

Binge eating is a pattern of disordered eating which consists of episodes of uncontrollable eating. It is a common symptom of eating disorders such as binge eating disorder and bulimia nervosa. During such binges, a person rapidly consumes an excessive quantity of food. A diagnosis of binge eating is associated with feelings of loss of control. Binge eating disorder is also linked with being overweight and obesity.

## Bulimia nervosa

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Bulimia nervosa, also known simply as bulimia, is an eating disorder characterized by binge eating (eating large quantities of food in a short period of time, often feeling out of control) followed by compensatory behaviors, such as self-induced vomiting or fasting, to prevent weight gain.

Other efforts to lose weight may include the use of diuretics, laxatives, stimulants, water fasting, or excessive exercise. Most people with bulimia are at normal weight and have higher risk for other mental disorders, such as depression, anxiety, borderline personality disorder, bipolar disorder, and problems with drugs to alcohol. There is also a higher risk of suicide and self-harm.

Bulimia is more common among those who have a close relative with the condition. The percentage risk that is estimated to be due to genetics is between 30% and 80%. Other risk factors for the disease include psychological stress, cultural pressure to attain a certain body type, poor self-esteem, and obesity. Living in a culture that commercializes or glamorizes dieting, and having parental figures who fixate on weight are also risks.

Diagnosis is based on a person's medical history; however, this is difficult, as people are usually secretive about their binge eating and purging habits. Further, the diagnosis of anorexia nervosa takes precedence over that of bulimia. Other similar disorders include binge eating disorder, Kleine–Levin syndrome, and borderline personality disorder.

### It's a Wonderful Binge

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It's a Wonderful Binge (formerly titled The Binge 2: It's a Wonderful Binge) is a 2022 American comedy film and a Christmas-themed sequel to the 2020 film The Binge. Written and directed by Jordan VanDina, the film stars Dexter Darden and Eduardo Franco. The film was released on December 9, 2022 on Hulu. Like its predecessor, the film received generally negative reviews from critics.

### Ronald Binge

*Ronald Binge (15 July 1910 – 6 September 1979) was a British composer and arranger of light music. He arranged many of Mantovani's most famous pieces*

Ronald Binge (15 July 1910 – 6 September 1979) was a British composer and arranger of light music. He arranged many of Mantovani's most famous pieces before composing his own music, which included Elizabethan Serenade and Sailing By.

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