



Recognize a different type of hunger

Learn about the signs of constant, hard-to-control hunger

Hunger is a natural and important feeling, but not all hunger is the same. Constant, hard-to-control hunger that does not go away is called hyperphagia (pronounced hi-per-fay-juh).

Hyperphagia and weight gain from an early age could be signs of a rare condition that affects the brain, not the stomach. It may require a specific diagnosis and tailored treatment.

Typical Hunger

- Feeling hungry in between meals
- Having cravings and increased appetite from time to time
- Eating past fullness at big occasions like Thanksgiving
- Eating to feel happy, when you're bored, or during times of stress (emotional eating)

VS

Constant, Hard-to-Control Hunger (Hyperphagia)

- Feeling hungry all the time
- Having continual thoughts about food
- Eating throughout any given day because you never feel full
- Eating to feel less hungry, but never achieving a feeling of fullness

While these are not the only symptoms of hyperphagia you may experience, they are the most common. Consider discussing these symptoms and behaviors with your doctor. They may help lead to a specific diagnosis, which is a positive first step to managing it.



If you have constant, hard-to-control hunger and weight gain from an early age, talk to your doctor about whether genetic testing might be right for you.



Do you have hyperphagia?

Use the checklist below to identify the signs of hyperphagia.

Do you:	Yes	No
Feel sadness, frustration, guilt, or anxiety when food isn't available?	<input type="checkbox"/>	<input type="checkbox"/>
Eat throughout the day because you never feel full?	<input type="checkbox"/>	<input type="checkbox"/>
Eat to feel less hungry but never achieve a feeling of fullness?	<input type="checkbox"/>	<input type="checkbox"/>
Sneak, steal, or hide food?	<input type="checkbox"/>	<input type="checkbox"/>
Hide eating behaviors from friends and family?	<input type="checkbox"/>	<input type="checkbox"/>
Wake up to eat in the middle of the night?	<input type="checkbox"/>	<input type="checkbox"/>
Stay awake at night because of hunger?	<input type="checkbox"/>	<input type="checkbox"/>
Plan your day around food?	<input type="checkbox"/>	<input type="checkbox"/>
Have difficulty concentrating at work or participating in recreational activities due to hunger?	<input type="checkbox"/>	<input type="checkbox"/>
Find that hunger impacts your relationships with family or friends?	<input type="checkbox"/>	<input type="checkbox"/>
Have continual thoughts about food?	<input type="checkbox"/>	<input type="checkbox"/>
Have a formal diagnosis of obesity?	<input type="checkbox"/>	<input type="checkbox"/>

Bring the completed checklist to your next appointment. Ask your doctor about these behaviors and what may be the cause, including whether it could be a rare condition.

To learn more about rare conditions that cause obesity,
visit DifferentObesity.com or scan the QR code to the right.

