



# Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment

By Scott D Mendelson

[Download now](#)

[Read Online](#) 

**Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment** By Scott D Mendelson

Metabolic syndrome is a set of risk factors that includes: abdominal obesity, a decreased ability to process glucose (insulin resistance), dyslipidemia (unhealthy lipid levels), and hypertension. Patients who have this syndrome have been shown to be at an increased risk of developing cardiovascular disease and/or type 2 diabetes. Metabolic syndrome is a common condition that goes by many names (dysmetabolic syndrome, syndrome X, insulin resistance syndrome, obesity syndrome, and Reaven's syndrome).

This is the first book to fully explain the relationships between psychiatric illness, Metabolic Syndrome, diet, sleep, exercise, medications, and lifestyle choices. Metabolic Syndrome is a major risk factor in Major Depression, Alzheimer's Disease, Sleep Disorders, Sexual Dysfunction, Fibromyalgia, and several other illnesses of psychiatric significance. Conversely, some psychiatric illnesses tend to predispose patients to Metabolic Syndrome. Of further interest is the fact that some of the medications used in the treatment of psychiatric illnesses have been found to cause or exacerbate Metabolic Syndrome.

The author here provides basic information about what genetic predispositions, medical conditions, and lifestyle choices make Metabolic Syndrome more likely to occur. Among the contributing factors that are discussed are genetics, habitual intake of high glycemic index carbohydrates, fructose, saturated fats, trans fatty acids, vitamins, micronutrients, obesity, smoking, and lack of exercise.

The author describes the actual mechanisms by which Metabolic Syndrome progresses and causes damage in the body, including the action of insulin and the pathophysiology of insulin resistance. Details are provided on what occurs in the liver, pancreas, muscle, fat cells, and immune system as Metabolic Syndrome progresses. New findings are presented on fat cells, including the fact that they are beginning to be considered as endocrine cells. There is a substantive discussion of leptin, which is one of the important adipocytokines. Also carbohydrate, 'bad fats', inflammation, oxidative damage, over-stimulation of the

'fight or flight' system, and high levels of the stress hormone cortisol can actually cause the manifestations of Metabolic Syndrome. These explanations set the stage for an explanation of the inter-relationships between Metabolic Syndrome, psychiatric illness, dementia and effects of not only diet and life choices, but also the effects of psychiatric medications.

Finally, there is an important and unique section on the relationship between Metabolic Syndrome and various psychiatric illnesses, and how they exacerbate each other. The significance of Metabolic Syndrome in Major Depression, Bipolar Affective Disorder, Schizophrenia, fibromyalgia and Polycystic Ovary Disease is vast and it is important to realise the effects of psychiatric medications on Metabolic Syndrome. The author discusses antidepressants, mood stabilizers and the new atypical antipsychotics. There are dramatic differences among medications in the way they affect Metabolic Syndrome and pharmaceutical companies will want to promote patient awareness with this book.

- Provides an understanding of Metabolic Syndrome and how this syndrome is a major risk factor in depression, Alzheimer's Disease, Sleep Disorders, Sexual Dysfunction, and other illnesses of psychiatric significance
- Places specific emphasis on the connection of Metabolic Syndrome with Psychiatric illnesses, and how these conditions exacerbate each other
- Discusses the actual mechanisms by which Metabolic Syndrome progresses and causes damage to the body
- Explores the relationship between Major Depression, Heart Disease and Metabolic Syndrome
- Includes supplementary section which discusses and critiques many current dietary supplements that are thought to be helpful for Metabolic Syndrome
- Discusses the roles of diet, genetics and supplements in managing Metabolic Syndrome

 [Download Metabolic Syndrome and Psychiatric Illness: Intera ...pdf](#)

 [Read Online Metabolic Syndrome and Psychiatric Illness: Inte ...pdf](#)

# **Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment**

*By Scott D Mendelson*

## **Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment** By Scott D Mendelson

Metabolic syndrome is a set of risk factors that includes: abdominal obesity, a decreased ability to process glucose (insulin resistance), dyslipidemia (unhealthy lipid levels), and hypertension. Patients who have this syndrome have been shown to be at an increased risk of developing cardiovascular disease and/or type 2 diabetes. Metabolic syndrome is a common condition that goes by many names (dysmetabolic syndrome, syndrome X, insulin resistance syndrome, obesity syndrome, and Reaven's syndrome).

This is the first book to fully explain the relationships between psychiatric illness, Metabolic Syndrome, diet, sleep, exercise, medications, and lifestyle choices. Metabolic Syndrome is a major risk factor in Major Depression, Alzheimer's Disease, Sleep Disorders, Sexual Dysfunction, Fibromyalgia, and several other illnesses of psychiatric significance. Conversely, some psychiatric illnesses tend to predispose patients to Metabolic Syndrome. Of further interest is the fact that some of the medications used in the treatment of psychiatric illnesses have been found to cause or exacerbate Metabolic Syndrome.

The author here provides basic information about what genetic predispositions, medical conditions, and lifestyle choices make Metabolic Syndrome more likely to occur. Among the contributing factors that are discussed are genetics, habitual intake of high glycemic index carbohydrates, fructose, saturated fats, trans fatty acids, vitamins, micronutrients, obesity, smoking, and lack of exercise.

The author describes the actual mechanisms by which Metabolic Syndrome progresses and causes damage in the body, including the action of insulin and the pathophysiology of insulin resistance. Details are provided on what occurs in the liver, pancreas, muscle, fat cells, and immune system as Metabolic Syndrome progresses. New findings are presented on fat cells, including the fact that they are beginning to be considered as endocrine cells. There is a substantive discussion of leptin, which is one of the important adipocytokines. Also carbohydrate, 'bad fats', inflammation, oxidative damage, over-stimulation of the 'fight or flight' system, and high levels of the stress hormone cortisol can actually cause the manifestations of Metabolic Syndrome. These explanations set the stage for an explanation of the inter-relationships between Metabolic Syndrome, psychiatric illness, dementia and effects of not only diet and life choices, but also the effects of psychiatric medications.

Finally, there is an important and unique section on the relationship between Metabolic Syndrome and various psychiatric illnesses, and how they exacerbate each other. The significance of Metabolic Syndrome in Major Depression, Bipolar Affective Disorder, Schizophrenia, fibromyalgia and Polycystic Ovary Disease is vast and it is important to realise the effects of psychiatric medications on Metabolic Syndrome. The author discusses antidepressants, mood stabilizers and the new atypical antipsychotics. There are dramatic differences among medications in the way they affect Metabolic Syndrome and pharmaceutical companies will want to promote patient awareness with this book.

- Provides an understanding of Metabolic Syndrome and how this syndrome is a major risk factor in depression, Alzheimer's Disease, Sleep Disorders, Sexual Dysfunction, and other illnesses of psychiatric significance

- Places specific emphasis on the connection of Metabolic Syndrome with Psychiatric illnesses, and how these conditions exacerbate each other
- Discusses the actual mechanisms by which Metabolic Syndrome progresses and causes damage to the body
- Explores the relationship between Major Depression, Heart Disease and Metabolic Syndrome
- Includes supplementary section which discusses and critiques many current dietary supplements that are thought to be helpful for Metabolic Syndrome
- Discusses the roles of diet, genetics and supplements in managing Metabolic Syndrome

### **Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment By Scott D Mendelson Bibliography**

- Sales Rank: #2390796 in Books
- Published on: 2007-12-03
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .46" w x 7.01" l, 1.20 pounds
- Binding: Paperback
- 224 pages



[Download Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment By Scott D Mendelson](#)



[Read Online Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment By Scott D Mendelson](#)

## Download and Read Free Online Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment By Scott D Mendelson

---

### Editorial Review

#### Review

"Obesity and diabetes are a huge problem in our society along with depressive illness and anxiety disorders. *Metabolic Syndrome and Psychiatric Illness* provides a lucid explanation of the emerging story linking psychiatric illnesses to metabolic disorders such as diabetes and obesity. Mendelson shows a deep and scholarly knowledge of his topic, and an ability to explain science in a lucid and highly readable manner. He also offers excellent advice on how to deal with Metabolic Syndrome through behavioral as well as medical treatments." --**Bruce McEwen, Ph.D, Alfred E. Mirsky Professor, Head of the Harold and Margaret Milliken Hatch Laboratory of Neuroendocrinology, The Rockefeller University, New York**

"This book is magnificent. The Metabolic Syndrome, important throughout medicine, is notably relevant for psychiatry. Mendelson, a psychiatrist with a Ph.D. in neuroendocrine research, is ideally suited for the challenge of explicating the linkages. The book ranges broadly, from the fascinating story of how Jerry Reaven uncovered the syndrome, through the molecular underpinnings to clinical ramifications for depression and other psychiatric disorders. Mendelson's writing is lucid, engaging and carries the reader forward like a fine novelist. A must read for physicians of all specialties." --**Solomon H. Snyder, M.D., Distinguished Service Professor of Neuroscience, Pharmacology and Psychiatry, Director of the Department of Neuroscience, Johns Hopkins University School of Medicine, Baltimore, Maryland**

" This book is a very timely contribution to the field of psychiatry given the intense interest and controversy surrounding metabolic disorders as co-existing medical conditions with psychotic and mood disorders, as well as iatrogenic consequences of certain psychopharmacological treatments. It contains a wealth of research-based, practical, clinical information about the metabolic syndrome and its relevance to many psychiatric disorders and psychotropic agents. It is the most comprehensive and well-referenced guide about this topic I have read. Despite my familiarity with this area of research, I learned many important new facts from reading this well-written book. I recommend it as a unique resource not only for physicians but for all mental health professionals." --**Henry A. Nasrallah, M.D., Professor of Psychiatry, Neurology and Neuroscience Director of the Schizophrenia Research Program, University of Cincinnati College of Medicine, Ohio**

### Users Review

#### From reader reviews:

##### **Patricia Diaz:**

Have you spare time for just a day? What do you do when you have considerably more or little spare time? That's why, you can choose the suitable activity regarding spend your time. Any person spent their very own spare time to take a go walking, shopping, or went to the Mall. How about open or even read a book eligible Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment? Maybe it is to be best activity for you. You recognize beside you can spend your time using your favorite's book, you can wiser than before. Do you agree with it has the opinion or you have other opinion?

**James Peters:**

Here thing why this particular Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment are different and trustworthy to be yours. First of all reading through a book is good nevertheless it depends in the content from it which is the content is as delightful as food or not. Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment giving you information deeper and in different ways, you can find any publication out there but there is no e-book that similar with Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment. It gives you thrill examining journey, its open up your own personal eyes about the thing that will happen in the world which is possibly can be happened around you. You can easily bring everywhere like in park your car, café, or even in your way home by train. Should you be having difficulties in bringing the published book maybe the form of Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment in e-book can be your alternative.

**Lucille Chenier:**

Reading a guide can be one of a lot of action that everyone in the world enjoys. Do you like reading book thus. There are a lot of reasons why people fantastic. First reading a guide will give you a lot of new information. When you read a book you will get new information because book is one of many ways to share the information or maybe their idea. Second, studying a book will make anyone more imaginative. When you looking at a book especially hype book the author will bring one to imagine the story how the people do it anything. Third, you could share your knowledge to some others. When you read this Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment, you may tells your family, friends and soon about yours publication. Your knowledge can inspire different ones, make them reading a publication.

**Cecilia Moore:**

A lot of people always spent their own free time to vacation or maybe go to the outside with them family or their friend. Did you know? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read any book. It is really fun for you personally. If you enjoy the book that you read you can spent all day long to reading a book. The book Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment it is extremely good to read. There are a lot of people who recommended this book. These were enjoying reading this book. In case you did not have enough space to develop this book you can buy often the e-book. You can more effortlessly to read this book out of your smart phone. The price is not too costly but this book provides high quality.

**Download and Read Online Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment By Scott D Mendelson #9JT0KQ2D653**

# **Read Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment By Scott D Mendelson for online ebook**

Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment By Scott D Mendelson Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment By Scott D Mendelson books to read online.

## **Online Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment By Scott D Mendelson ebook PDF download**

**Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment By Scott D Mendelson Doc**

**Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment By Scott D Mendelson MobiPocket**

**Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment By Scott D Mendelson EPub**

**9JT0KQ2D653: Metabolic Syndrome and Psychiatric Illness: Interactions, Pathophysiology, Assessment and Treatment By Scott D Mendelson**