From Dr. Escudé...

Medications and Metabolic Syndrome

Metabolic syndrome is a cluster of conditions that can increase the risk of heart disease, stroke and diabetes. The core features of this syndrome are:
- Central obesity
- Elevated triglyceride level
- Low HDL
- Hypertension
- Elevated fasting glucose level

A person having 3 of the 5 conditions is considered to have the syndrome.

A number of classes of medications have been linked to increasing the risk of one or more of the conditions associated with metabolic syndrome(*). Not all medications in these classes potentiate the development of these conditions, but consideration should be given to utilizing medications with lower or no risk when possible. These classes include:
- Atypical antipsychotics
- Antidepressants
- Anti-epileptics
- Thiazide diuretics
- Beta Blockers
- Niacin
- Thiazolidinedione agents
- Oral contraceptives
- Protease inhibitors
- Immunosuppressive medications

Thanks for your careful attention to helping those we support live healthier lives.

*Drug-Induced Metabolic Syndrome, Marion R. Wofford MD, MPH Deborah S. King PharmD T. Kristopher Harrell PharmD, The Journal of Clinical Hypertension, Volume 8, Issue 2, February 2006, Pages 114-119
Dr. Escudé has dedicated his career to providing healthcare for people with IDD and other vulnerable populations and teaches on the subject throughout the country.