

Antipsychotic Medication and Metabolic Syndrome

Metabolic syndrome is a common problem, and it can also be a side effect of certain types of antipsychotic medications called second generation antipsychotics or “SGAs.” People taking these types of medications should have their weight, cholesterol and blood sugar levels checked regularly by a doctor. Make and keep these important appointments with your doctor.

How is metabolic syndrome diagnosed?

Your doctor can diagnose metabolic syndrome with a physical exam, your medical history and some simple blood tests.

Why is metabolic syndrome important?

It greatly increases your risk of having a heart attack, stroke and diabetes.

What can you do?

- ✓ Aim for a healthy weight:
 - Losing as little as 5-10 pounds can improve your blood sugar, blood pressure and cholesterol levels.
- ✓ Check out these resources for making healthy food choices:
 - www.diabetes.org/nutrition.
 - www.diabetes.org/blog/what-can-i-eat.
- ✓ Exercise regularly
 - Low impact exercises like walking, swimming or riding a bike are great ways to get moving without putting too much stress on the body.
- ✓ Limit alcohol.
- ✓ Stop smoking/vaping.
- ✓ Talk with your doctor about the options that might be best for you.



What is metabolic syndrome?

Metabolic syndrome is having three or more of these risk factors:

- A large waistline (excess weight around your waist).
- High blood pressure problems.
- High blood sugar problems.
- Low “good cholesterol,” called HDL (or taking medication for high cholesterol).
- High triglycerides (a type of “bad” fat in the body).