

1. Record Nr.	UNINA9910451016303321
Autore	Mendelson Scott D
Titolo	Metabolic syndrome and psychiatric illness [[electronic resource] ] : interactions, pathophysiology, assessment and treatment // Scott D. Mendelson
Pubbl/distr/stampa	Amsterdam ; ; Boston, : Elsevier/Academic Press, 2008
ISBN	1-281-11194-5 9786611111946 0-08-055652-3
Edizione	[1st ed.]
Descrizione fisica	1 online resource (221 p.)
Disciplina	616.89/071 22 616.89071
Soggetti	Metabolic syndrome - Complications Mental illness - Complications Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Front Cover; Metabolic Syndrome and Psychiatric Illness; Copyright Page; Table of Contents; ACKNOWLEDGMENTS; FOREWORD; Chapter 1 Gerald Reaven and the Discovery of Syndrome X; References; Chapter 2 Factors that Contribute to Metabolic Syndrome; Genetics; Carbohydrates and the Glycemic Index; Fructose; Fiber; Fatty Acids and how they Differ; Saturated Fat; Omega-3 and Omega-6; Trans Fats; Micronutrients; Salt; Exercise; Smoking and Drinking; Obesity; References; Chapter 3 The Pathophysiology of Metabolic Syndrome; Insulin; Insulin Resistance and Compensatory Hyperinsulinemia The Rise of the Adipocyte Leptin; Adipocytes, Insulin, and Metabolic Syndrome; Muscle; The Liver; The Liver, Fat, and Insulin Resistance; Non-alcoholic Fatty Liver Disease; Hormonal Interactions in the Liver; Peroxisome Proliferation Activating Receptors; Inflammation; Oxidative Stress; Lipotoxicity; Asymmetrical Dimethylarginine; Stress and Cortisol; References; Chapter 4 Metabolic Syndrome and Psychiatric Illness; Major Depression; Insulin Resistance and Major Depression; Stress; Inflammation; Obesity; The Liver, Metabolic Syndrome and Major

Depression; Cholesterol and Suicide  
Seasonal Affective Disorder Bipolar Affective Disorder; Anxiety Disorders; Schizophrenia; Metabolic Syndrome, Schizophrenia, and the NMDA Receptor; Fibromyalgia; Polycystic Ovary Disease; References; Chapter 5 Psychiatric Medications and Metabolic Syndrome; Antidepressants; Mood Stabilizers; Atypical Antipsychotics; Atypical Antipsychotics and Weight Gain; Genetics and Atypical Antipsychotic-induced Weight Gain; Mechanisms of Atypical Antipsychotic-induced Weight Gain; Atypical Antipsychotics and Insulin Resistance; Effects of Atypical Antipsychotics on Serum Lipids  
Atypical Antipsychotics and Diabetes Hyperprolactinemia; Guidelines for Monitoring Patients on Atypical Antipsychotics; Add-on Treatments to Counter Weight Gain and Metabolic Syndrome; Difficult Choices Must be Made; References; Chapter 6 Depression, Metabolic Syndrome, and Heart Disease; Dysrhythmias; Heart Failure; Ischemic Heart Disease and Myocardial Infarction; Platelet Hyperactivity; Inflammation; Stress; Lipid Abnormalities; Does Treating Major Depression Reduce Cardiac Risk?; References; Chapter 7 Metabolic Syndrome, Insulin and Alzheimer's Disease; The Stages of Alzheimer's Disease  
Plaques and Tangles Insulin and Alzheimer's Disease; Insulin-Degrading Enzyme and Amyloid; Insulin and Tangled Tau; Inflammation and Alzheimer's Disease; References; Chapter 8 Metabolic Syndrome, Sleep, and Sex; Sleep Apnea; Hypoxia; Sleep Apnea, Stress, and Metabolic Syndrome; Snoring and the Velopharynx; Sleep, Mood and Glycogen Synthase Kinase-3 (GSK-3); Sleep Apnea and Alzheimer's Disease; Inadequate Sleep and Altered Sleep Schedules; Metabolic Syndrome and Sex; References; Chapter 9 Diets for Weight Loss and Metabolic Syndrome; Low-Fat, High-Carbohydrate Diets  
A Few Words about Protein

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### Sommario/riassunto

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, Me

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