

## Metabolic Effects of Psychotropic Drugs

J. Thakore, B.E. Leonard (eds)

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### **Major psychiatric disorders can reduce life expectancy.**

*It is now recognized that patients suffering from major psychiatric disorders have significantly increased morbidity and mortality rates often caused by cardiovascular diseases, cancer, inflammatory diseases and type 2 diabetes.*

It has been proven that antipsychotics and antidepressants can cause weight gain and possible type 2 diabetes. It is therefore not surprising that many patients with serious mental illnesses (SMI) have an increased risk of developing metabolic syndrome, a series of obesity-related physical conditions with an endocrine basis.

However, the question remains whether these illnesses are due to an unhealthy lifestyle of the patient (for instance, lack of exercise or poor diet) caused by the psychiatric disorder or are in fact a consequence of the medication or even due to a genetic predisposition.

In this new volume, experts from clinical psychiatry, epidemiology, neuroimmunology, endocrinology and neuroscience look closely at these open questions and explore the different facets of the metabolic syndrome as well as its connection with the chronic effects of psychotropic drugs and with the psychopathology of some major psychiatric disorders.

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