

Beware of PHATS in metabolic syndrome

Making time to monitor all five risk factors for metabolic syndrome can be challenging in a busy psychiatric setting. But with higher prevalence in persons with psychiatric disorders and/or taking psychotropics,¹ this precursor for type 2 diabetes and cardiovascular disease demands your attention.² The mnemonic PHATS can help you monitor metabolic syndrome risk factors thoroughly and quickly (*Table*).

Based on National Cholesterol Education Program (NCEP) criteria,³ patients with three of five PHATS elements have metabolic syndrome. A recent study of patients taking atypical antipsychotics suggests that abdominal obesity and elevated fasting blood glucose might be the most accurate and cost-effective indicators; combining these two factors correctly identified 100% of patients with metabolic syndrome.⁴ Until additional studies can confirm this finding, use NCEP guidelines—the basis for PHATS.

You can easily monitor for metabolic syndrome with a blood pressure cuff, a tape measure, and peri-

Table

PHATS: 3 of 5 positive criteria indicate metabolic syndrome

Pressure	>130/85 mm Hg
HDL cholesterol	<40 mg/dL in men <50 mg/dL in women
Abdominal obesity	Waist circumference >102 cm in men >88 cm in women
Triglycerides	≥150 mg/dL
Sugar	Fasting blood glucose ≥110 mg/dL

odic blood glucose and lipid profiles. An extra minute or two can help prevent metabolic complications in at-risk patients.

References

1. Casey DE. Dyslipidemia and atypical antipsychotic drugs. *J Clin Psychiatry* 2004;65(suppl 18):27-35.
2. Gracious BL, Meyer AE. Psychotropic-induced weight gain and potential pharmacologic strategies. *Psychiatry* 2005;2:36-42.
3. Executive summary of the third report of the national cholesterol education program (NCEP) expert panel on detection, evaluation, and treatment of high blood cholesterol in adults. *JAMA* 2001;285:2486-97.
4. Straker D, Correll CU, Kramer-Ginsberg E, et al. Cost-effective screening for the metabolic syndrome in patients treated with second-generation antipsychotic medications. *Am J Psychiatry* 2005;162(6):1217-20.

Dr. Grove, a psychiatrist, practices in Scottsdale, AZ.

Want to know more?

WWW.CURRENTPSYCHIATRY.COM

**Metabolic syndrome:
5 risk factors guide therapy**

**APRIL
2005**