



Obesity and the Metabolic Syndrome: Quick Reference

$$BMI = \frac{Weight(lbs)}{(Height")^2} \times 703$$

<25	Normal
25-29.9	Overweight
30-34.9	Obesity, Stage I
35-39.9	Obesity, Stage II
≥40	Obesity, Stage III (Morbid)

Metabolic Syndrome: Any 3

Glucose	≥100
Abd. Circ	>35 for women, >40 for men
Blood Pressure	>130/85
Triglycerides	>150
HDL	<50 for women, <40 for men

Medications Causing Weight Gain and Alternatives to Consider:

Medication Classes	Drugs causing weight gain	Alternatives to consider
Corticosteroids	Prednisone, etc	NSAID, Etanercept, etc
Old Anti-Histamines	Cyproheptadine, Diphenhydramine	Loratadine, Fexofenadine, Cetirizine
Anti-Diabetic Agents	Insulin, Pioglitazone, Rosiglitazone, Sulfonylureas	Metformin , Exanatide, Pramlintide
Anti-Psychotics	Likely: Clozapine, Olanzapine Possibly: Quetiapine, Risperidone	Aripiprazole, Ziprasidone
Mood Stabilizers	Lithium, Divalproex (Depakote)	Lamotrigine Carbamazapine(less weight gain than Divalproex, better for younger women)
Anti-Depressants	SSRI: Paroxetine > Others SNRI: Venlafaxine(?) TCA's: Amitryptiline , Nortryptiline Mirtazapine : Substantial Weight Gain	Avoid Paroxetine , monitor others closely. Consider offset weight gain with Topiramate, Phentermine, Tenuate. Trazadone Bupropion– wt loss
Contraception	Depo-medroxyprogesterone Acetate	Anything else! ? Drospirinone products (Yaz/Yazmin)