



Obesity and the Metabolic Syndrome: Quick Reference

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

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|---------|-----------------------------|
| <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 Carbamazepine(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! ? Drosperinone products (Yaz/Yazmin) |