

JOINT EVENT

24th International Conference on PSYCHIATRY & PSYCHOSOMATIC MEDICINE
&2nd International Congress on FORENSIC SCIENCE AND PSYCHOLOGY

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Metabolic syndrome: A psychiatric perspective**Tariq Allauddin Munshi**
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Statement: Metabolic syndrome is a term that describes a group of conditions that puts an individual at risk for cardiovascular disease. This term represents increased waist circumference which is regarded as a central feature, lipid dysregulation, raised fasting blood glucose and presence of hypertension. It has been known over the years as insulin resistance syndrome, syndrome X, the deadly Quartet since the 1920's. The criteria used mostly is International Diabetes Federation and the United States National Cholesterol Educational Program Adult Treatment Panel (NCEPATP) III criteria for metabolic syndrome.

Orientation: People with severe mental illness such as schizophrenia and bipolar disorder are at increased risk of developing cardiovascular disease, as a result of multiple aetiology including genetic, life style, disease specific as well as effect of treatment. They live 25 years less than general population and complications arising from cardiovascular disease are among the leading cause of death for people with chronic schizophrenia.

Significance: The high risk patients need to be identified at the outset so an individualised care plan can be formulated. Education regarding life style changes, prescribing suitable psychotropic medication, establishing a temporal relationship and identifying the variables to make a management plan is vital.

Learning Objectives: At the end of this session participants will be able to: 1. Be aware of the prevalence of metabolic syndrome in psychiatric population. 2. Highlight the importance of identifying the risk factors for developing metabolic syndrome in psychiatric inpatient setting at an early stage.

Biography

Tariq Allauddin Munshi is currently working as an attending Psychiatrist in the Department of Psychiatry at Queen's University & has been given the rank of an Associate Professor. His current responsibilities are working with the Assertive Community Team; managing beds in the acute adult inpatient unit at Kingston General Hospital. His responsibilities in the department are administrative, research, teaching and providing clinical service. The areas of interest are newer antipsychotics, clozapine, metabolic syndrome, quality improvement and mental health act.

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