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takes the bias out of
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PRESCRIBER'S LETTER

Unbiased Evidence and Advice You Can Trust on New Developments in Drug Therapy

Dear Prescriber:

Metabolic syndrome is a big problem...and growing.
You'll hear it referred to by other names... "syndrome X"...
"insulin resistance syndrome"... "dysmetabolic syndrome."

It combines three or more of the following...obesity...
hyperglycemia...high triglycerides...low HDL...hypertension.
Obesity is the main culprit...It leads to insulin
resistance, hyperglycemia, dyslipidemia, and hypertension.
Exercise and weight loss are the key to preventing all these
problems...and reducing the risk of type 2 diabetes and heart disease.

Hyperglycemia is often at "pre-diabetes" levels...110-125 mg/dL.
Some of these patients get metformin or Acosce (acarbose) to
decrease the risk of developing type 2 diabetes.

Metformin is often preferred because it decreases insulin
resistance, reduces triglycerides, and decreases weight.

Glitazones (Avandia, Actos) are also used. They decrease insulin
resistance and reduce triglycerides...but sometimes cause weight gain.
High triglycerides and low HDL are often present.

Statins are preferred...They help reduce triglycerides,
increase HDL, and might decrease the risk of developing diabetes.
A fibrate (fenofibrate, etc) or niacin can be added if needed
to further lower triglycerides or increase HDL.

Keep in mind that combining a statin with a fibrate or niacin
can increase the chance of myopathy...Tell patients getting this
combo to report any unusual muscle pain, tenderness, or weakness.
Niaspan are preferred...They help reduce triglycerides,
increase HDL, and might decrease the risk of developing diabetes.

A fibrate (fenofibrate, etc) or niacin can be added if needed
to further lower triglycerides or increase HDL.

Keep in mind that combining a statin with a fibrate or niacin
can increase the chance of myopathy...Tell patients getting this
combo to report any unusual muscle pain, tenderness, or weakness.

Hypertension in patients with metabolic syndrome can be
treated with an ACE inhibitor or angiotensin receptor blocker...
especially when patients also have pre-diabetes or diabetes.

These drugs seem to reduce the risk of developing
diabetes...and reduce the risk of heart disease.
Both hypertension and diabetes.
Recommend 40 mg...

patients...due to their...

NEUROLOGY / PSYCHIATRY

There will
Wellburg M
both for
for treating

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