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BIPOLAR DISORDERS Factsheet

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How is metabolic syndrome related to bipolar disorder?

People with bipolar disorder often have increased rates of co-occurring disorders, including metabolic syndrome. Metabolic syndrome is defined by a clustering of at least three interrelated abnormalities including abdominal obesity, hyperglycemia, hypertension, high triglycerides, or low high-density lipoprotein (HDL) cholesterol levels. Metabolic syndrome increases the risk of diabetes and heart disease.

What is the evidence for comorbid metabolic syndrome?

Moderate to high quality evidence suggests the overall prevalence of metabolic syndrome in people with bipolar disorder is around 37%. Rates were highest in New Zealand, Australia and North America, in people treated with antipsychotics, and in older people. Compared to people without bipolar disorder matched to people with bipolar disorder for age and sex, there was a small increased risk of metabolic syndrome in people with bipolar disorder. Moderate to high quality evidence also shows a small increased risk of hypertension.

Moderate quality evidence suggests no significant differences in the rates of metabolic syndrome between people with bipolar disorder and people with schizophrenia or major depression.

For more information see the technical table



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NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about bipolar disorder or its treatment with your doctor or other health care provider.

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au