



Insulin Resistance

Visceral Obesity

Hypertension

High Triglycerides

Low HDL Cholesterol

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POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

What is metabolic syndrome?

People with mental disorders often have increased rates of physical disorders, including metabolic syndrome. This syndrome is a risk factor for diabetes and cardiovascular diseases and is defined as a clustering of at least three abnormalities including obesity, high blood pressure, high blood triglycerides, low levels of high-density lipoprotein (HDL) cholesterol, and insulin resistance. Any increased risk of metabolic syndrome in people with PTSD may be the result of unhealthy lifestyle factors, genetics, and factors associated with having PTSD such as medication effect.

What is the evidence for metabolic syndrome in people with PTSD?

High quality evidence finds a small to medium-sized increased risk of metabolic syndrome and its components in people with PTSD compared to general population rates. This effect was found regardless of age, gender, geographic region, setting or population (war veterans or other).

For more information see the technical table



NeuRA

Discover. Conquer. Cure.

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 PTSD and 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/donate