



FOR IMMEDIATE RELEASE

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**ADDRESSING METABOLIC SYNDROME:
PHYSICAL HEALTH FOR THE MENTALLY ILL**

Metabolic Syndrome: a cluster of risk factors leading to cardiovascular disease, diabetes, and possible early death. For people with severe mental illness, it can be a particularly troublesome problem, because of the illness itself and because of weight gain from some anti-psychotic medications...and because when attention is focused on their mental health, their physical health is often neglected.

Dr. Jane Dumontet will explain the syndrome and what can be done to mitigate the risks at an upcoming NSSS Public Education Evening at Lions Gate Hospital on **Wednesday, November 25 at 7:30 p.m.**, in the auditorium. The talk is part of the North Shore Schizophrenia Society's long-running lecture series on mental illness and related subjects. There is no charge to attend and members of the public are welcome.

Metabolic syndrome risk factors include abdominal obesity, high blood pressure, cholesterol abnormalities, insulin resistance, and lifestyle factors like smoking, high-carbohydrate diets, and lack of physical activity. Some factors are genetic, but many can be addressed through lifestyle and diet. People with severe mental illness must also contend with the effects of their medications, some of which contribute to weight gain, but which cannot be discontinued without risking severe psychiatric relapse.

Dr. Jane Dumontet is a Clinical Pharmacy Specialist in Psychiatry for Fraser Health. She currently works as a clinical pharmacist at the Cottonwood and Connolly Lodges on the Riverview grounds which provide 24 hour care to people with severe and persistent mental illness in a recovery-oriented environment.

Dr. Dumontet has worked since 1988 at Riverview Hospital providing clinical pharmacy services to geriatric, neuropsychiatry, refractory psychosis and adult tertiary rehabilitation programs. She has also been involved in regional committees for Fraser Health including the Riverview and Fraser Health smoke-free initiatives and the Fraser Health Metabolic Monitoring Initiative Working Group, and is co-chair of the Mental Health Subcommittee for Medication and Therapeutics.

- 30 -

FOR PRE-TALK PHOTOS AND INTERVIEWS OR FOR EVENT COVERAGE, PLEASE CONTACT:

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