

Re: Atenelol and weight loss

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- *From:* Guy Scharf <guy@xxxxxxxxxxxx>
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Susan <nevermind@xxxxxxxxxxxx> wrote:

Guy Scharf wrote:

Could the Atenelol have been partially responsible for the plateau?

Atenolol promotes weight gain:

(Hypertension. 2001;37:250.)

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Scientific Contributions

Hypothesis: β -Adrenergic Receptor Blockers and Weight Gain

A Systematic Analysis

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One of the arguments put forward against the primary use of β -blockers has been concern about adverse metabolic effects, such as unfavorable effects on lipids or insulin sensitivity. Another less-appreciated potential drawback is their propensity to cause weight gain in some patients. In 8 evaluable prospective randomized controlled trials that lasted ≥ 6 months, body weight was higher in the β -blocker than in the control group at the end of the study. The median difference in body weight was 1.2 kg (range -0.4 to 3.5 kg). A regression analysis suggested that

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β -blockers were associated with an initial weight gain during the first few months. Thereafter, no further weight gain compared with controls was apparent. There was no relationship between demographic characteristics and changes in body weight. Based on these observations, the first-line use of β -blockers in obese hypertensive patients should be reviewed. Obesity management in overweight hypertensive patients may be more difficult in the face of β -blocker treatment.

Key Words: obesity ? β -blockers ? body weight ? hypertension, obesity

I'm a type 2 DM, too, with a strong family history of CVD. I've been able to keep my bg tightly controlled and my lipids dramatically improved with diet alone. I've found a couple of very well studied supplements that also promote insulin sensitivity and lipid improvements, and without unfortunate side effects.

My rule: if a medicine makes you feel worse, don't take it, it's bad for you.

Susan,

Thank you very much for the reference.

Do you know if there is a relationship between atenelol and sleep? I've found that since stopping the atenelol that I have been sleeping more deeply and dreaming a lot more.

I agree completely with your rule about medicines! I'm very sensitive to my reactions and stop medicines quickly. As a result, I have a growing list of medicines I have allergic or negative reactions to.

From talking with others, I think some people just suffer through the reactions. I have tried three statins, with significant negative reactions to all of them.

When I get my weight down to into a desirable range, I'm going to re-evaluate the DM medicines I am taking and reduce dosages or eliminate them if possible. My doctor fully supports my doing that, and has even recommended stopping meds occasionally to see if they are still needed. I recently had to stop the metformin for several days and the BG readings during that period attest that I'm not ready to eliminate that medication yet! :-)

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My lipids are now barely within the normal range and I've been able to partially address the HDL/Trig ratio problem typical of Metabolic Syndrome with weight loss and exercise. I expect to continue to improve as weight loss continues. I'm not yet down to the recommended range for people with DM or CVD though.

I've just started Zetia and will retest lipids after being on that for a while.

After seeing what the Zetia does, I plan to try Bio-Lipotrol. This contains Vit B3, Inositol, Guggule Gum extract, Red Yeast Rice extract and Policosanol. My wife's naturopath says he has seen significant cholesterol reduction using this supplement. What supplement do you find useful for reducing cholesterol counts?

Thanks again.

Guy

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