

SSRI の体重増加・Uptodate より

Weight change — The effect of SSRIs upon weight depends upon the specific medication prescribed and the length of treatment. Short-term treatment for two to three months with SSRIs usually causes little or no weight change [46-52].

However, short-term therapy is not clinically appropriate for most patients.

Treatment with SSRIs for longer periods of time may result in weight gain.

However, in some cases it is not clear if this is a true medication side effect or the result of recovery from depression and the reversal of undesired weight loss. The

evidence suggests that fluoxetine may be the least problematic SSRI with regard to undesired weight gain and that paroxetine may be the most problematic. Studies lasting between 6 and 30 months have reported the following weight effects:

Most studies have evaluated patients suffering from major depressive disorder. It is not clear whether weight change caused by SSRIs differs according to different demographic profiles such as age or sex.

A review found that weight gain during treatment with SSRIs may be due to remission of major depression, improved appetite, increased carbohydrate craving, and changes in serotonin 2C receptor activity [57]. Conversely, weight loss during acute SSRI treatment may be related to poor appetite at the beginning of

treatment [47]. Additionally, there may be a genetic component involving polymorphisms in the catechol-Omethyltransferase gene [58].

Weight gain due to long-term treatment with SSRIs may lead to diabetes mellitus.

A nested case-control study of patients with depression found that use

of moderate to high daily doses of SSRIs for periods greater than 24 months was associated with a significant two-fold increased risk of developing

diabetes mellitus, compared to not using antidepressants (incidence rate ratio:

2.06, 95% CI 1.20-3.52) [59]. Analysis of individual antidepressants found an

increased risk estimate for paroxetine (incidence rate ratio: 1.33, 95% CI 1.02-

1.73), suggesting the possibility that the increased risk for SSRIs might have been

primarily due to paroxetine.