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In this issue (201-210), authors Needham et al outline the risk factors that contribute to metabolic dysfunction in people with severe mental illness (SMI), including genetic, environmental and pharmacological factors, and considers underlying metabolic pathophysiological processes as part of SMI itself. To aid discussions with patients, recognition and interpretation of metabolic risk factors are outlined, together with mitigating strategies. Novel areas of uncertainty are discussed, including the use of a ketogenic diet. This article advocates use of the term 'metabolic psychiatry', to increase awareness of the significant overlap between psychiatric illness and metabolic dysfunction.

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