

EFFECTS OF ARIPIPRAZOLE ON SERUM LIPIDS, A COMPARISON WITH PATIENTS STARTED ON STATIN

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Background: Aripiprazole is considered to be a metabolic safe antipsychotic. Some data suggest that there might be a beneficial effect on serum lipids.

Methods: The effects of aripiprazole on serum lipids was evaluated in a prospective study comparing 21 patients switched to aripiprazole with a prospective group of 46 patients being started on a statin (rosuvastatin) for important dyslipidaemia, remaining on the same antipsychotic treatment. An extensive metabolic evaluation, including an oral glucose tolerance tests, was done at baseline and 3 months follow-up.

Results: Both aripiprazole and the statin reduced serum lipids (cholesterol, triglycerides, LDL and non-HDL cholesterol) significantly. At 3 months follow-up serum lipids reached similar values in both groups. Patients started on a statin had significantly higher baseline serum lipid values, the percent change from baseline was significantly higher than the change observed with aripiprazole. There was no effect of treatment with a statin on weight, waist circumference and insulin resistance while these were all significantly reduced with aripiprazole. At baseline 66.7% of patients switched to aripiprazole met criteria for ATP-III metabolic syndrome. At endpoint there was a significant reduction in the prevalence of ATP-III metabolic syndrome (33.3%, $p=0.0308$). A smaller but also significant reduction in metabolic syndrome prevalence was seen in patients treated with a statin (baseline 52.2%, endpoint 41.3%).

Conclusions: These data support the metabolic safe profile of aripiprazole. Compared to a potent statin aripiprazole has about 50% of the action of a statin in reducing serum lipids.

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