# EVALUATION OF THE METABOLIC SAFETY OF ARIPIPRAZOLE

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**Background**: Metabolic abnormalities are frequent in patients treated with antipsychotics, and are a growing concern to clinicians.
**Methods**: The metabolic safety of aripiprazole was evaluated in a projective study. All patients underwent an extensive metabolic evaluation, including an oral glucose tolerance test (OGTT), at baseline, at 6 weeks and at 3 months follow-up. 21 schizophrenic patients were included in the study. 5 patients met criteria for diabetes on their previous antipsychotic treatment at the moment of switch to aripiprazole.
**Results**: At 3 months follow-up there was a significant reduction in weight and waist circumference; There was a significant reduction in fasting glucose, fasting insulin, insulin resistance and serum lipids (cholesterol, triglycerides, LDH and non-HDL cholesterol). There was also a significant reduction of prolactine. All 5 cases of recent onset diabetes were reversible at 3 months follow-up. Four patients had normal glucose values fasting and at 120 min in the OGTT. One patient had impaired glucose tolerance at endpoint. At baseline 66.7% of patients switched to aripiprazole met criteria for ATP-III metabolic syndrome. At endpoint their was a significant reduction in the prevalence of ATP-III metabolic syndrome (33.3%, p=0.0308).
**Conclusions**: Our prospective data confirm the metabolic safety of aripiprazole. Our results support the reversibility of recent onset diabetes on antipsychotic medication, if detected early and when switch is done to a safer metabolic antipsychotic.

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