

STATIN THERAPY AMONG SCHIZOPHRENIA PATIENTS WITH DYSLIPIDEMIA

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Background: Metabolic abnormalities are growing concern in the treatment of schizophrenia patients.

Methods: We studied the use of statins among patients enrolled in a large scale prospective cohort of 400 clinic based patients. During follow-up, nearly 30% of schizophrenic patients treated with antipsychotics met criteria for treatment with a statin. The effects of statin therapy were evaluated in 46 prospective patients with documented dyslipidemia, remaining on the same antipsychotic treatment. All patients underwent extensive metabolic screening and follow-up, including oral glucose tolerance test. Assessments were performed at baseline, 3 months prior to statin therapy and 3 months after.

Results: Statin therapy yielded highly significant improvement in lipid profile: cholesterol: pre 263.3F62.7; post: 165.3F39.8 ($p=.0001$), triglycerides: pre 281.2F272.3; post: 165.7F137.3, ($p=.0011$), LDL: pre 162.2F38.1; post: 87F25.2, ($p=.0001$), non-HDL cholesterol: pre 218.7F67.4; post: 119.0F43.1, ($p=.0001$). However, there were no observed effects on weight, waist circumference, fasting glucose, fasting insulin or insulin resistance.

Conclusions: Antipsychotic induced dyslipidaemia can be safely and effectively treated with statins. Observed improvements in lipid profile are comparable to those seen for general populations.