Prevalence and level of recognition of cardiovascular risk factors in schizophrenia: the Spanish RICAVA study

Bernardo M (1), Banegas J.R (2), Cañas F (3), Casademont J (4), Riesgo Y (5), Varela C (6), Aregal J (6)

(1) Programa de Esquizofrenia Clinica. Hospital Clinic, Barcelona, Spain,
(2) Departamento de Medicina Preventiva y Salud Publica, Facultad de Medicina, Universidad Autonoma. Madrid, Spain.
(3) Hospital Dr. R. Larra, Madrid, Spain.
(4) Servicio de Medicina Interna, Hospital de Sant Pau, Barcelona, Spain.
(5) Departamento Medico, Bristol-Myers Squibb, Madrid, Spain.
(6) Otsuka Pharmaceuticals.

BACKGROUND
Schizophrenic patients are at increased risk of death from suicide or natural causes, including cardiovascular diseases; few studies quantifying the prevalence of cardiovascular risk factors in patients with schizophrenia attending hospital for admission in acute psychiatric units.

METHODS
Cross-sectional descriptive study on schizophrenic patients admitted in acute units. Data on sociodemographics, physical examinations, blood test parameters (fasting), cardiovascular risk factor history (personal and family) and treatments are recorded. Each risk factor is established according to international criteria and pharmacological treatment.

RESULTS
731 evaluable patients (72% men, average age 38 (SD 11.3)) from 97 acute units (81% of those in Spain) are shown in Table 3.

Hypertriglyceridemia is the most prevalent cardiovascular risk factor affecting more than half of the studied schizophrenic patients. Furthermore, one third of patients showed hyperglycemia. Hypertension and diabetes were present at a lower percentages.

RESULTS

4. Results

4.1 Cardiovascular Risk Factors

Table 1. Diagnosis criteria for each Cardiovascular Risk Factor and for Metabolic Syndrome derived from ATP III.

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total cholesterol &gt; 200 mg/dL</td>
<td>15%</td>
<td>20%</td>
</tr>
<tr>
<td>LDL cholesterol &gt; 130 mg/dL</td>
<td>10%</td>
<td>15%</td>
</tr>
<tr>
<td>HDL cholesterol &lt; 40 mg/dL</td>
<td>20%</td>
<td>25%</td>
</tr>
<tr>
<td>Blood pressure 140/90 mmHg</td>
<td>30%</td>
<td>40%</td>
</tr>
<tr>
<td>Fasting glucose &gt; 110 mg/dL</td>
<td>15%</td>
<td>20%</td>
</tr>
</tbody>
</table>

4.2 Metabolic Syndrome

Table 2.

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waist circumference &gt; 102 cm</td>
<td>10%</td>
<td>15%</td>
</tr>
<tr>
<td>Triglycerides &gt; 200 mg/dL</td>
<td>5%</td>
<td>10%</td>
</tr>
<tr>
<td>HDL cholesterol &lt; 50 mg/dL</td>
<td>20%</td>
<td>25%</td>
</tr>
<tr>
<td>Blood pressure 140/90 mmHg</td>
<td>30%</td>
<td>40%</td>
</tr>
<tr>
<td>Fasting glucose &gt; 110 mg/dL</td>
<td>15%</td>
<td>20%</td>
</tr>
</tbody>
</table>

4.3 Other CV risk factors

- Smoking
- Alcohol intake
- Sedentarism

4.4 Family history

- Hypertension
- Diabetes

4.5 Pharmacological treatment

- Antipsychotics
- Antihypertensives
- Hypolipidemic agents

4.6 Diagnosis of Schizophrenia

- Positive schizophrenia subtype 75.5%.
- Age at first episode 25.1 (SD 8).

4.7 Other CV risk factors

- Age
- Gender
- Ethnicity
- Occupation

REFERENCES