

P03-244

CARDIOMETABOLIC RISK IN PATIENTS WITH SCHIZOPHRENIA

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Introduction: Patients with schizophrenia have at least 20 years shorter life span compared with general population that is primarily caused by their cardiovascular morbidity.

Aims: The aim of this cross-sectional study was to assess the prevalence of cardiometabolic risk factors in a sample of Czech patients with schizophrenia and related diseases and to predict a risk of premature cardiovascular mortality in this population.

Methods: We reviewed data from 129 outpatients treated in specialized outpatient clinic for psychoses. The main collected variables included basic physical parameters (height, weight, waist circumference, blood pressure), smoking habits, laboratory data (glucose level, serum lipids levels) and ECG. Finally, we compared the studied group with a matched sample from general population in Czech Republic regarding the cardiovascular risk factors.

Results: Our results show that the most prevalent risk factors are overweight (70% of patients have BMI over 25), dyslipidaemia (70% of patients) and smoking (43% of patients).

According to SCORE diagram, there is a high risk of fatal cardiovascular event in ten years in 10% of the study group. The percentage gets even higher (up to 24%) when the latest European guidelines for cardiovascular disease prevention were used to calculate the risk.

Conclusions: Our outcomes indicate even higher cardiometabolic morbidity in patients with psychoses than referred in literature.