

## P03-11 - PREVALENCE OF THE METABOLIC SYNDROME IN DAY HOSPITAL PATIENTS

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**Introduction:** Schizophrenia has traditionally been associated with higher rates of risk factors for cardiovascular disease and the metabolic syndrome, as a consequence of lifestyle habits, impaired access to health care and antipsychotic agents.

**Objective:** To determine the prevalence of metabolic syndrome in patients with schizophrenia who are in Day Hospital regimen in Vizcaya area (Basque Country, Spain).

**Method:** A cross-sectional study conducted from December 2008 to April 2009, in Zamudio and Barakaldo Day Hospitals (Vizcaya). Metabolic parameters were measured in 67 patients aged 20 to 65, with a diagnosis of schizophrenia. The definition of Metabolic Syndrome, as proposed by the International Diabetes Federation (IDF) was applied.

**Results:** The analysis of 67 patients showed a prevalence of the metabolic syndrome of 41,79% at baseline. Obesity (49%), insulin resistance or diabetes (37,31%), and dyslipidemia (41,79%) can all contribute to the metabolic syndrome.

**Conclusions:** Compared to the general population, our sample of patients with schizophrenia present higher rates of the metabolic syndrome. The psychiatrist should be responsible for the implementation of the necessary screening assessments and referral for treatment of any physical illness.