

## P03-186

### METABOLIC RISK FACTORS IN A SCHIZOPHRENIC COMMUNITY SAMPLE (VALLÈS ORIENTAL, CATALONIA, SPAIN)

P. Planas, R. Català, C. Madrid, S. Eduard, S. Lira

*CSM Granollers, Benito Menni C.A.S.M., Granollers, Spain*

**Introduction:** Life expectancy for individuals with schizophrenia is 20% lower than in general population. Medical illnesses, psychiatric comorbidities, less access to care, poverty and limited perception of illness are some of the most important factors associated with increased risk of morbidity. Cardiovascular death (CVD) is a major contributor to increased mortality in schizophrenia 2,3. Prevalence of obesity in patients with schizophrenia (40%-60%) is twice the rate of the general population (20%-30%). Obesity, high abdominal perimeter, serum lipid levels, and smoking are significant, Independent Risk Factors for CVD. Metabolic syndrome is a cluster of metabolic disturbances, which is associated with an increased risk of CVD.

**Objective:** To estimate the prevalence of CVRF in schizophrenic outpatients treated at Granollers' CSM.

**Methods:** Cross-sectional descriptive study about 100 schizophrenic outpatients treated at CSM Granollers. Data on sociodemographics, physical examinations, blood test parameters, CVRF history and treatments are recorded. Each CVRF is established according to international criteria and/or pharmacological treatment.

Secondary objectives:

- Prevalence of Metabolic Syndrome;
- Antipsychotic drugs treatment.

Variables - Sociodemographic data and Schizophrenia diagnosis:

- Physical examination;
- Lab parameters;
- Other CV risk factors (smoking, alcohol intake...).

**Results and conclusions:** Estimated prevalences for most of the CVRF in schizophrenic outpatients are, in general, higher than those expected of the same age group in the general population. Data presented can support therapeutic decision-making and suggests a need of new prevention and monitoring strategies. New guidelines for monitoring and intervention will be needed for monitoring and intervention.