

Effects of ziprasidone on metabolic profile in a sample of schizophrenic and schizoaffective patient affected with diabetes mellitus type II

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INTRODUCTION: Literature debated about schizophrenia and schizoaffective disorder in comorbidity with diabetes mellitus type 2 but there are few studies that assessed effects of antipsychotic treatment on psychotic patient characterized by a long history of diabetes mellitus type.

PATIENTS AND METHODS: we monitored a sample of 8 patient who received a diagnosis of schizoaffective disorder and schizophrenia according to DSM- IV TR criteria hospitalized for 8 weeks. We recorded fasting glucose level, triglyceridemia, cholesterolemia, blood insulin level, body weight, BMI and QTc values. We administered ziprasidone until 40mgr /day during the hospitalization period.

RESULTS: 5 patients completed the prospective study period while 3 patients dropped out for a psychotic relapse. Fasting glucose levels were significantly lowered ($F= 4.01$; $p= 0.05$; mean lowering rate: 12,45mgr/dL). Blood glucose level reduction ($F= 7.68$; $p= 0.05$; mean lowering rate: 21.36mgr/ dL), body weight ($F= 4.20$; $p= 0.05$; mean lowering rate: 4.25mgr/ dL) and BMI ($F= 4.20$; $p= 0.05$; mean lowering rate: 3.42 kg/m²). We highlighted also a reduction of oral antidiabetics doses and Qtc rates remained in the normal range.

CONCLUSION: We demonstrated that a significant improvement of metabolic side effect in patients treated with ziprasidone occurred. Negative event is the dropping of 3 patient that limited beneficial effect of ziprasidone. We assumed that it is important to balance relapse risk versus a safer metabolic profile before switching to a ziprasidone treatment.