

### ***P35: Evaluation of disturbances in metabolism related to lipid profile in patients with schizophrenia***

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**Introduction:** Schizophrenia (SCZ) is a complex and multifactorial mental disorder. Currently, pharmacologic antipsychotic therapy (AP) focuses in SCZ symptoms minimization. AP has been associated with potentially adverse metabolic effects that may lead to an increased cardiovascular risk (CVR).

**Objective:** To characterize SCZ patients of a psychosocial rehabilitation association (PRA) regarding antipsychotic therapy and sociodemographic, clinical, biochemical (total cholesterol, HDL-cholesterol, LDL-cholesterol, and triglycerides) and anthropometric parameters; To describe the AP prescription when observed changes in biochemical parameters.

**Material and Methods:** We conducted a cross-sectional study in SCZ patients from a PRA. Data regarding age, gender, AP therapy, lifestyle and clinical history was assessed through interview. Blood samples were collected for lipid profile determination and anthropometric evaluation was performed.

**Results and Discussion:** The sample was composed of 19 SCZ patients, all medicated with AP, of which 10 presented changes in at least one of the biochemical parameters in study. Of these, 4 presented changes in 2 or more biochemical parameters, thus increasing CVD.

**Conclusions:** The majority of participants presented risk factors for CVD. Data show the need for monitoring metabolic side effects of AP therapy, in order to prevent CVD.

#### **References**

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