

## P-1198 - PREDIABETES IN A SCHIZOPHRENIA POPULATION

S.K.Agarwal

Internal Medicine, Agarwal Health Center, East Orange, NJ, USA

**Introduction:** Diabetes has reached pandemic proportions. The prevalence of diabetes is higher in patients with schizophrenia when compared to the general population. Besides the traditionally recognized risk factors, this population also suffers from an increased BMI and a high use of second generation anti-psychotic drugs. Poor living conditions and unhealthy life styles may also play a role. The International Diabetes Federation estimates that 300 million people suffer from prediabetes worldwide. The presence of prediabetes in patients with schizophrenia has not been well studied.

**Objectives:** To evaluate HbA1c levels in non-diabetic schizophrenics.

**Aims:** To confirm the expected high prevalence of prediabetes in patients with schizophrenia.

**Methods:** We retrospectively reviewed the HbA1c results of 62 consecutive patients with schizophrenia seen in our office for medical reasons. Prediabetes was diagnosed if the A1c was 5.7% - 6.4% (39 - 46 mmol/mol).

**Results:** Of the 62 patients studied (ages 24 to 74 years), 46 were males (M) and 16 were females (F). 12 (8M; 4F) patients had HbA1c above 6.5 or were known diabetics. Of the remaining 50, 24(48%); (20M; 4F) had HbA1c in the prediabetic range, while 26 (52%); (18M; 8F) had HbA1c in the normal range.

**Conclusions:** Almost one half of our non-diabetic schizophrenia patients were found to suffer from prediabetes. Besides progressing to overt diabetes, these patients are at a high risk of experiencing adverse cardiovascular events later in life. Early intervention with life style changes and tailored therapeutics may favorably alter the medical course in these patients.