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Cardiometabolic Comorbidity in Bipolar Disorder

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Introduction: In the last years, there has been increased concern about cardiometabolic morbidity and mortality in bipolar patients.

Aim: To review the literature about prevalence, risk factors and treatment of cardiometabolic diseases in patients with bipolar disorder.

Methods: Searches were undertaken in PubMed and other databases, from 2009 to 2014, using keywords 'bipolar disorder', 'cardiometabolic', 'riskfactors', 'treatment'.

Results: Several studies have shown that diabetes, obesity, dyslipidemia and hypertension are more prevalent among patients with bipolar disorder than in the general population, and that they are under-diagnosed and under-treated in these patients. Their higher risk is related to several factors, including medications (e.g. second generation of antipsychotics) and changes in hypothalamic-pituitary-adrenal axis and inflammatory pathways. The mechanisms underlying these alterations are the focus for new treatments. Recent interventions in these population integrate psychiatric and medical care.

Conclusions: Available data support the high prevalence of cardiometabolic diseases in bipolar patients. New and future interventions to reduce cardiovascular risks are very important concerns of psychiatric and medical approaches.