CARDIOVASCULAR RISK FACTORS AND MENTAL DISORDER POPULATION

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Objectives: Determine the prevalence of cardiovascular risk factors within the serious mental pathology.

Background: Cardiovascular risk factors are the leading cause of death in the general population and its high prevalence among patients with mental disorders is known.

Materials and Methods:

Restrospective data exploitation has been carried out using the "SAVANAMED" and "MAMBRINO XXI" program.

Population studied 2.495.339 patients.

The frequencies of hypertension, nicotine consumption, dyslipidemia and diabetes have been determined, associated with the term schizophrenia, schizoaffective disorder, bipolar disorder, unipolar affective disorder, anxiety, and toxic consumption disorder.

In addition, the data have been compared with those collected in the general population.

	General population of area	Spain
Hypertension	15%	35%
Nicotine Consumption	7%	35%
Dyslipidemia	21%	30-50%
Diabetes Mellitus	14%	20%

	Hypertension	Nicotine Consumption	Dyslipidemia	Diabetes Mellitus.
Schizophrenia	24%	34%	21%	20%
Schizoaffective Disorders	25%	42%	23%	19%
Bipolar Disorders	35%	33%	29%	22%
Unipolar Affective Disorders	49%	21%	36%	24%
Anxiety	32%	21%	23%	15%
Toxic Consumption Disorder	35%	53%	29%	22%

Conclusions:

- While in comparison with national data, our area has better figures, that is, a lower prevalence of cardiovascular risk factors, patients with mental pathology show intermediate values, worse than those in our region.
- Unipolar depression associates worse percentages of cardiovascular risk factors, while it is surprising that in Schizophrenia, hypertension and dyslipidemia are among the pathologies studied that have the least risk. This may be due to prevention programs carried out in the country on metabolic syndrome in psychosis.
- Bipolar disorders and substance use disorders have the same cardiovascular risk values, which may be due to the association of dual pathology in the bipolar population. In turn, anxiety disorders show the best figures in terms of less risk of nicotine consumption and diabetes mellitus.