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论著

齐拉西酮与奥氮平对首发精神分裂症患者糖脂代谢的影响

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摘要:

目的: 比较齐拉西酮和奥氮平对首发精神分裂症患者糖脂代谢的影响。方法: 260名患者随机分为齐拉西酮组和奥氮平组,治疗观察6周。测量患者基线、第2周末、第4周末和第6周末时体质量,并计算体质量指数。基线和治疗终点时采集空腹血测量空腹血糖、空腹胰岛素、高密度脂蛋白、胆固醇和三酰甘油,并计算胰岛素抵抗指数,部分患者检测了治疗前后的低密度脂蛋白。结果: 共有245名患者完成研究,齐拉西酮组121例,奥氮平组124例。齐拉西酮剂量137.5 mg/d,奥氮平剂量19.5 mg/d。治疗6周末,奥氮平组[(4.55±3.37) kg]的体质量增加显著高于齐拉西酮组[(-0.83±2.05) kg,*P*<0.001]。与基线比较,治疗6周末奥氮平组空腹血糖、空腹胰岛素、高密度脂蛋白、总胆固醇、三酰甘油、低密度脂蛋白及胰岛素抵抗指数明显升高(均*P*<0.001);而齐拉西酮组空腹血糖明显降低,高密度脂蛋白和三酰甘油明显升高(均*P*<0.05);治疗前后空腹血糖、空腹胰岛素、总胆固醇、三酰甘油、低密度脂蛋白及胰岛素抵抗指数的变化值在2组间的差异均具有统计学意义(均*P*<0.001)。结论: 齐拉西酮在短期内对未用药的首发精神分裂症患者的糖脂代谢影响较小,而奥氮平会显著增加体质量和引起糖脂代谢紊乱,从而增加各类并发症的风险。因此,在临床用药选择时需慎重考虑药物可能存在的不良反应。

关键词: 齐拉西酮 奥氮平 精神分裂症 体质量 糖脂代谢

Effects of ziprasidone and olanzapine on glucose and lipid metabolism in first-episode schizophrenia

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Abstract:

Objective: To investigate the effect of ziprasidone and olanzapine on glucose and lipid metabolism in first-episode schizophrenia.

Methods: A total of 260 schizophrenics were assigned randomly to receive ziprasidone or olanzapine for 6 weeks. The weight was measured at baseline, week 2, 4 and 6. Fasting blood glucose (FBS), fasting insulin, high-density lipoprotein (HDL), total-cholesterol (TC) and triglycerides (TG) were measured at baseline and the end of 6-week treatment. Low-density lipoprotein (LDL) was measured in some patients at baseline and the end of 6-week treatment. Body mass index (BMI) and insulin resistance index (IRI) were counted.

Results: A total of 245 patients completed the trial, including 121 ziprasidone patients and 124 olanzapine patients. The average dose was 137.5 mg/d for ziprasidone and 19.5 mg/d for olanzapine. Patients treated with olanzapine had higher weight gain than those treated with ziprasidone [(4.55±3.37) kg vs (-0.83±2.05) kg, *P*<0.001]. After the treatment, FBS, fasting insulin, HDL, TC, TG, LDL and IRI levels were significantly increased in the olanzapine group (all *P* values<0.001). However, in the ziprasidone group, FBS decreased significantly and HDL and TG levels increased significantly after the 6-week treatment (all *P* values<0.05). The mean changes of FBS, fasting insulin, TC, TG, LDL and IRI were significantly different in the two groups (all *P* values<0.001).

Conclusion: Ziprasidone has less glucose and lipid metabolic effect for first-episode schizophrenia patinets in short-term treatment. However, olanzapine induces weight gain and dysfunction of glucose and lipid metabolism significantly, which is associated with increased risk of complications. When the doctors choose antipsychotics in the clinic, they should consider the side effects of the medication.

Keywords: ziprasidone olanzapine schizophrenia weight metabolism

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