

Metabolic syndrome and serum level of adiponectin in Egyptian patients with schizophrenia

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To assess the frequency of metabolic syndrome and the serum level of adiponectin in a sample of Egyptian outpatients with schizophrenia, test the hypotheses that the prevalence of the metabolic syndrome is higher among schizophrenic patients compared with a normal group of subjects and serum adiponectin level has an inverse relationship with the parameters of the metabolic syndrome in these patients. Fifty consecutive outpatients with schizophrenia, classified into early illness (N = 26 patients) and chronic illness (N = 24 patients) groups and a matched group of 100 apparently healthy controls were compared using the International Diabetes Federation (IDF) Criteria and serum levels of adiponectin. Nineteen patients as opposed to five controls met the criteria of the metabolic syndrome. None of these patients or controls, however, was previously diagnosed or treated for this syndrome or for any of its components. Serum adiponectin level in the patients group was negatively associated with all parameters of the metabolic syndrome, except the HDL level with which it was positively associated. In the control group, however, there were no such significant correlations. Patients, classified by the type of antipsychotics, did not differ in the serum level of adiponectin, or in the prevalence of the metabolic syndrome and its parameters.