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References

Schizophrenia and related psychoses CHAPTER 1 recommended by NICE for secondary prevention of cardiovascular events.⁶¹ NICE makes no recommendations on target levels for primary prevention but recent advice promotes the use of statins for anyone with a >10% 10-year risk of cardiovascular disease.⁶¹ Coronary heart disease and stroke risk can be reduced by a third by reducing cholesterol to as low as 3.5mmol/L. When triglycerides alone are raised, diets low in saturated fats and the taking of fish oil and fibrates are effective treatments,^{31,62,63} although there is no proof that mortality is reduced. Such patients should be screened for impaired glucose tolerance and diabetes. If moderate to severe hyperlipidaemia develops during antipsychotic treatment, a switch to another antipsychotic medication less likely to cause this problem should be considered in the first instance. Although not recommended as a strategy in patients with treatment-resistant illness, clozapine-induced hypertriglyceridaemia has been shown to reverse after a switch to risperidone.⁶⁴ This may hold true with other switching regimens but data are scarce.⁶⁵ Aripiprazole and other D2 partial agonists seem to be the treatments of choice in those with prior antipsychotic-induced dyslipidaemia (limateperone and ziprasidone are options outside the UK).^{20,66} There is evidence to suggest that adjunctive aripiprazole may have beneficial effects on measures of plasma cholesterol and triglycerides when combined with clozapine or olanzapine^{19,49,67} and that metformin added to antipsychotic medication may improve total cholesterol and triglyceride levels^{49,68} (see Buzea et al. 2022⁵⁷ and the 'BAP guidelines on the management of weight gain, metabolic disturbances and cardiovascular risk associated with psychosis and antipsychotic drug treatment'⁴⁹ for discussion of the potential risks and benefits of these two strategies). Summary of monitoring Medication Suggested monitoring schedule Clozapine Fasting lipids at baseline then every 3 months for a year, then annually Olanzapine Other antipsychotic medications Fasting lipids at baseline, 3 months, and then annually⁶⁶ References

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