

P-1199 - ABNORMAL LUNG FUNCTION IN SCHIZOPHRENIC PATIENTS

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Introduction: Schizophrenic patients suffer from much higher rates of physical morbidity and mortality. Smoking related illnesses such as lung cancer and cardiovascular disease are several times more common in patients with chronic psychiatric disorders. However, lung function has not been well studied in this population.

Objectives: To evaluate lung function in schizophrenics using computerized spirometry

Aims: To confirm clinical suspicion that schizophrenics have significantly more lung disease.

Methods: We retrospectively reviewed the records of 75 consecutive patients with schizophrenia. All patients had undergone spirometry. FVC, FEV1, FEV1/FVC ratio and other parameters were recorded.

Results: Of the 75 patients (ages 23 to 74), there were 52 males (M) and 23 females (F). 18 patients had normal FEV1 and 57 patients had reduced FEV1. All 18 patients with normal FEV1 had normal spirometry (15 M, 3 F). Of the 57 with reduced FEV1, 36 had restrictive lung disease (19 M, 17 F). Of these, 3 had mild, 7 had moderate and 26 had severe restrictive lung disease. 21 had obstructive lung disease (18 M, 3 F). Of these 3 had mild, 4 had moderate and 14 had severe obstructive lung disease.

Conclusions: Reduced FEV1 is extremely common in patients suffering from schizophrenia. Reduced FEV1 is associated with premature death from both respiratory and non-respiratory causes. It increases need for more health care services and raises health care costs. Although smoking remains a major factor, other etiologies may play a role. Strategies to preserve and improve lung function in schizophrenics need to be aggressively pursued.