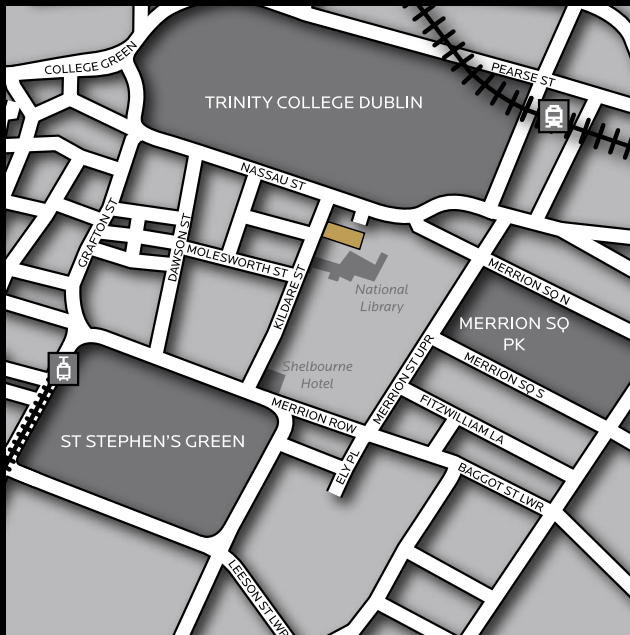


6 Kildare St, Dublin 2

Friday 2nd - Saturday 3rd December 2005

Hearts & Minds: Exploring the cardiovascular risk burden in psychiatric disease



■ Royal College of Physicians of Ireland
6 Kildare St, Dublin 2



Welcome

Prof. T. Joseph McKenna

President, Royal College of Physicians of Ireland



Welcome to Ireland; welcome to Dublin; welcome to the Royal College of Physicians of Ireland.

The College has just celebrated the 350th anniversary of its foundation in 1654. Part of the year's events was a project to restore, renovate and refurbish the College. That has just recently been completed and the *Hearts and Minds: Exploring the Cardiovascular Risk Burden in Psychiatric Disease* meeting provides two important firsts for the College. This is the first major international meeting held in the College since it's reopening last month, and it is the first in a series of planned Masterclasses. The Masterclasses will bring together experts in emerging or controversial topics and will provide the opportunity for in-depth review of the topic and, importantly, provide opportunity for all participants to address the issues.

That patients with psychiatric disorders are at a particular risk of cardiovascular disease has either not been appreciated or accepted as an inevitable epiphenomenon. This meeting brings together groups who have a particular interest in addressing the issue and devising a strategy to redress the problem of coronary artery disease in patients with mental illness. The organisers of the meeting recognise the complexity and the sensitivity of the issues to be dealt with. I am, therefore, very pleased to warmly welcome all of our presenters both from Ireland and, very particularly, those coming from abroad and to welcome all the delegates. I hope that you will all find this meeting educationally beneficial and helpful in shaping your practice.

In welcoming you to Dublin I realise that you may have little opportunity to visit the city or the country. It is for this reason that the College has chosen to open the meeting with a virtual tour designed to introduce you to aspects of Ireland and Dublin which you may not have the opportunity of exploring. We hope you enjoy your visit to Dublin and to an institution which fostered the golden age of Irish Medicine dominated by Graves, Stokes, Cheyne and Corrigan amongst others. We hope you will enjoy the blend of history and modern medicine.

I want to thank Bristol-Myers Squibb who have provided an unconditional educational grant to support this meeting.

Fáilte Romhat.

A handwritten signature in black ink that reads "T. Joseph McKenna". The signature is fluid and cursive, written on a white background.

Prof. T. Joseph McKenna
President
Royal College of Physicians of Ireland

Hearts & Minds: Exploring the cardiovascular risk burden in psychiatric disease

Programme: Friday, December 2, 2005

TIME	TITLE	SPEAKER	CHAIRPERSON/ DISCUSSANT
8.30 - 9.15	Registration		
9.15 – 10.00	Intro/welcome to delegates	Prof. T. Joseph McKenna , President, RCPI	
	Virtual tour/welcome to Dublin	Mr. Pat Liddy	
10.00 – 10.30	Psychiatric and Cardiovascular Risk – The Problem Defined	Prof. Ted Dinan , Cork University Hospital	Dr. Helen Millar , Carseview Centre, Dundee, Scotland and Dr. Brian Maurer , St. Vincent's University Hospital, Dublin
10.30 – 11.00	Metabolic Syndrome – An Emerging Epidemic	Dr. Sean Dinneen , University College Hospital, Galway	
11.00	Coffee		
11.30 – 11.50	Multi Factorial Nature of Cardiovascular Risk	Prof. John Feely , Trinity College Dublin	Dr. John Sheehan , Mater Misericordiae University Hospital, Dublin and Dr. Seamus Sreenan , Connolly Hospital, Blanchardstown, Dublin
11.50 – 12.10	Current Understanding Hypertension	Dr. Vincent Maher , Adelaide & Meath Hospital, Tallaght, Dublin	
12.10 – 12.30	Lipids – Current Understanding	Dr. Brendan Buckley , University College Cork	
12.30 – 13.00	Smoking, Diet, and Exercise – Current Understanding	Dr. Emer Shelley , Dept of Health and Children, Dublin	
13.00	Lunch		
14.00 – 14.30	Implications of Obesity	Dr. Donal O'Shea , St. Vincent's University Hospital, Dublin	Dr. Marilyn Ader , University of Southern California and Dr. Marc De Hert , University Centre St. Jozef, Katholieke Universiteit Leuven, Belgium
14:30 – 15:00	Diabetes – The Global CV Challenge	Dr. Amanda Adler , Addenbrook's Hospital, Cambridge, UK	
15:00 – 15:30	Are Patients with Psychosis Predisposed to Metabolic Abnormalities?	Dr. Jogin Thakore , St. Vincent's Hospital, Dublin	
15:30 – 16.15	General Comments – Q&A	Close of Session	

Saturday, December 3, 2005

TIME	TITLE	SPEAKER	CHAIRPERSON/ DISCUSSANT
8.30 - 9.00	Registration		
9.00 – 9.30	Metabolic Burden in Patients with Schizophrenia	Dr. Marc De Hert , University Centre St. Jozef, Katholieke Universiteit Leuven, Belgium	Prof. Colm McDonald , National University of Ireland, Galway and Dr. Brendan Buckley , University College Cork
		Dr. Marilyn Ader , University of Southern California, USA	
9.30 – 10.00	Antipsychotic Agents – Mechanisms of Metabolic Disorders	Dr. Brian O'Shea , Newcastle Hospital, Wicklow	
10.00 – 10.30	Does Current Management Exacerbate Risk?		
10.30 – 11.00	Coffee		
11.00 – 11.30	Issues in Managing Organic Disease in Psychiatric Illness	Prof. Kieran C. Murphy , RCSI and Beaumont Hospital, Dublin	Prof. Colm McDonald , National University of Ireland, Galway and Dr. Brendan Buckley , University College Cork
11.30 – 12.00	Experiences in Managing Cardiovascular Risk in Psychiatric Patients	Dr. Helen Millar , Carseview Centre, Dundee, Scotland	
12.00 – 12.30	Models of Implementation of Managing Cardiovascular Risk in Psychiatric Patients	Prof. Kevin Malone , St. Vincent's University Hospital, Dublin	
12.30 – 13.30	Lunch		
13.30 – 14.30	WORKSHOP: Models of Implementation of Managing Cardiovascular Risk in Psychiatric Patients		<ol style="list-style-type: none"> 1. Empowering (educating) the Psychiatrist to provide combined psychiatric cardiovascular disease management 2. Joint psychiatric/cardiovascular clinic models 3. Screening and transferring at-risk patients to a metabolic physician 4. A public health approach
14.30 – 15.30	REPORT ON WORKSHOP FINDINGS	FACILITATORS: Prof. John Feely , TCD Prof. T. Joseph McKenna , RCPI	
15.30	Close of session	Prof. T. Joseph McKenna , President, RCPI	

Chairpersons

Dr. Brian Maurer

St. Vincent's University Hospital, Dublin

Dr. Maurer will co-chair Session 1 on Friday, December 2nd.



Brian Maurer is Consultant Cardiologist at St. Vincent's University Hospital and the Blackrock Clinic and Vice President of the Irish Heart Foundation.

He graduated from University College Dublin and St. Vincent's Hospital in 1964. Following internship and a Research Fellowship with MRC he moved to the Royal Postgraduate Medical School at Hammersmith in 1968. From 1969 to 1974 he was Senior Registrar in Medicine & Cardiology and Senior Tutor in Medicine.

In 1973 he was awarded a British American Fellowship and worked at the University of Alabama where he was appointed Assistant

Professor. He returned to Dublin April 1974 as Consultant Cardiologist to the Federated Dublin Voluntary Hospitals, St. Vincent's Hospital and St. James's Hospital.

Since 1987 he has been Director of the Cardiology Department at St. Vincent's Hospital. He is a Fellow of the American College of Cardiology and of the European Society of Cardiology. He has served as President on the Sections of Medicine and of the History of Medicine at The Royal Academy of Medicine in Ireland.

His major research interests have been in coronary artery disease, cardiomyopathies and pacing.

Dr. Seamus Sreenan

Connolly Hospital, Blanchardstown, Dublin

Dr. Sreenan will co-chair Session 2 on Friday, December 2nd.



Seamus Sreenan is a consultant in Diabetes and Endocrinology at Connolly Hospital, Blanchardstown and a senior lecturer in the Department of Medicine at the Royal College of Surgeons in Ireland. Dr Sreenan is also currently serving as the National Specialty Director in Endocrinology and Diabetes Mellitus of the Irish Committee of Higher Medical Training and Dean of Postgraduate Studies at Connolly Hospital and acting Dean of Undergraduate Studies at the Royal College of Surgeons, Connolly Hospital.

A graduate of UCD in 1986, Dr Sreenan completed his general professional training

at the Mater Hospital and his Endocrinology training at the University of Chicago Medical Center. He received his MD from UCD in 1998.

Dr Sreenan's research interests include physiology of insulin secretion, maturity onset diabetes of the young and cardiovascular complications of Type 2 diabetes.

Dr. John Sheehan

Mater Misericordiae University Hospital, Dublin

Dr. Sheehan will co-chair Session 2 on Friday, December 2nd.



John Sheehan is a Consultant in Liaison Psychiatry at the Mater Misericordiae University Hospital and Rotunda Hospital, Dublin.

He is an Honorary Clinical Lecturer at University College Dublin. Currently, he is chair of the Faculty of Liaison Psychiatry of the Irish College of Psychiatrists.

Prof. Colm McDonald

University of Ireland, Galway

Prof. McDonald will co-chair Sessions 1 and 2 on Sat., December 3rd.



Colm McDonald was appointed Professor of Psychiatry at NUIG in June 2005 and also holds the post of visiting Professor at the Institute of Psychiatry, King's College London.

A graduate of UCD, he completed his basic clinical training on the St. John of God rotational scheme in psychiatry. In 1998 he moved to the Institute of Psychiatry, where he completed his clinical and research training and his PhD.

His research interests have centred upon neurobiological abnormalities associated with the major psychotic disorders of schizophrenia and bipolar disorder, and their relationship with genetic liability. His research projects have been supported by the Wellcome Trust, the Medical Research Council, the Royal Society and the National Alliance for Research on Schizophrenia and Depression.

Session 1: Friday, December 2, 2005

10.00 — 10.30

Psychiatric and Cardiovascular Risk – The Problem Defined

Prof. Ted Dinan, *Cork University Hospital*



Biographical Sketch

Ted Dinan is Professor of Psychiatry at University College Cork. He was previously Chair of Clinical Neurosciences and Professor of Psychological Medicine at St. Bartholomew's Hospital, London. Prior to that he was a Senior Lecturer in Psychiatry at Trinity College Dublin. He has worked in research laboratories on both sides of the Atlantic and has a PhD in Pharmacology from the University of London. He is a Fellow of the Royal Colleges of Physicians and Psychiatrists and a Fellow of the American College of Physicians. He has published over 180 papers and numerous books on the pharmacology and neurobiology of affective disorders. His papers have been published widely in journals such as *Nature*, *Brain Research*, *British Medical Journal*, *American Journal of Psychiatry*, *British Journal of Psychiatry* and *Clinical Endocrinology and Metabolism*.

Overview of Presentation

The long-term social and psychological impact of severe mental illness has been extensively investigated. Far less attention has been placed on any physical consequences that may ensue. There is however a significant and accumulating body of evidence to indicate that the physical consequences of mental

illness are far from benign. The increased risk of coronary artery disease and the increased risk of diabetes mellitus have received recent attention. This talk will focus on the currently available epidemiological evidence linking severe mental illness and increased cardiovascular disease risk.

10.30 — 11.00

Metabolic Syndrome – An Emerging Epidemic

Dr. Sean Dinneen, *University College Hospital, Galway*



Biographical Sketch

Sean Dinneen received his medical degree from University College Cork Medical School. He undertook postgraduate training in medicine in Ireland and then went to the United States where he trained in Diabetes and Endocrinology at the Mayo Clinic. After a period on staff at the Mayo Clinic he was appointed as a Community Diabetologist in Addenbrooke's Hospital, Cambridge. He has recently returned to Ireland to take up a Senior Lecturer post in Medicine in University College Hospital, Galway. His professional interests are in delivering programmes of self-management education for people with diabetes and developing optimal models of community-based diabetes care.

Overview of Presentation

The prevalence of obesity and Type 2 diabetes are increasing in most developed countries and at even more alarming rates in some developing countries. The scale of the problem has been described as a pandemic. In this talk the components of the so-called metabolic syndrome will be examined and the criteria used to define the syndrome will be outlined.

The complex mix of genetic and environmental factors that contribute to the syndrome will be explored using examples from epidemiological work done among the Pima Indian population in the United States. Finally, the strategies being developed to tackle the pandemic will be discussed.

Session 2: Friday, December 2, 2005

11.30 — 11.50

Multi Factorial Nature of Cardiovascular Risk

Prof. John Feely, *Trinity College Dublin*



Biographical Sketch

John Feely, a graduate of the National University of Ireland 1971, undertook his Pharmacology and General Internal Medicine Training in Dublin. He was subsequently appointed Senior Registrar in Medicine and Endocrinology at Ninewells Hospital, Dundee, Scotland. In 1979-81 he was a Merck International Fellow in Clinical Pharmacology at Vanderbilt University, Tennessee, USA and subsequently Lecturer at the University of Dundee. He was appointed Professor of Pharmacology and Therapeutics at Trinity College Dublin and Consultant Physician at St. James's Hospital, Dublin in 1983. He is currently the Director of the Hypertension and Lipid Clinics at St. James's Hospital and Medical Director of the National Medicines Information Centre. His research interests are in Cardiovascular Pharmacology, Hypertension, Arterial Stiffness, Lipids and Pharmacoepidemiology.

Overview of Presentation

In the coming decades coronary heart disease, stroke and congestive heart failure will remain the commonest cause of mortality in western society and increasingly so in developing countries. While rates are declining in the former they are increasing in the latter. This should not be regarded as inevitable given our vast experience in this field.

There is strong data confirming the contribution of smoking, hypertension, diabetes, hypercholesterolaemia and vascular inflammation to cardiovascular disease. Clinical trial data supports the use of invasive and non-invasive interventions, statins, beta blockers, ACE inhibitors and aspirin in its prevention and treatment. Projections however suggest that gains attributable to a population reduction in blood pressure, cholesterol and

smoking are being offset in the Western world by increasing obesity, lack of exercise, and Type 2 diabetes. Waist circumference especially the waist to hip ratio is emerging as a better risk marker than body mass index (BMI). In addition to traditional risk factors there is now an appreciation that psychosocial factors and stress may play an important role and that patients with coronary artery disease suffer a disproportional amount of depression. Furthermore personality types may significantly influence prognosis. Also within developed countries social inequalities also appear important. It is now possible to model the relative contribution of environmental and pharmacological/surgical interventions on the decline in coronary heart disease and hence increase the cost-effectiveness of targeted interventions.

11.50 — 12.10

Current Understanding Hypertension

Dr. Vincent Maher,
Adelaide & Meath Hospital, Tallaght, Dublin



Information unavailable at time of going to press.

12.10 — 12.30

Lipids – Current Understanding

Dr. Brendan Buckley, *University College Cork*



Biographical Sketch

Brendan Buckley DPhil, FRCPI is Consultant Endocrinologist at Bon Secours Hospital Cork and faculty member in the Departments of Medicine and of Pharmacology & Therapeutics at University College Cork (UCC). He is the Director of the European Centre for Clinical Trials in Rare Diseases at UCC. He is Director in Ireland of a number of large clinical trials, including the PROSPER Study, a major intervention trial in prevention of vascular disease in 5800 older adults using pravastatin as anti-atherosclerotic therapy. He has published extensively in the areas of metabolic disease and atherosclerosis. He is the Chairman of the Advisory Committee on Human Medicines of the Irish Medicines Board, and a member of the Board.

Overview of Presentation

It has become increasingly clear over the past decade that the Western world's epidemic of vascular disease is largely driven by the presence of excessive quantities of lipoproteins in circulation. The nature of atheroma as an active inflammatory lesion, and the mechanisms whereby dyslipidaemia fuels it are understood in detail. Pharmacological intervention to lower atherogenic lipoprotein concentrations, even to a relatively modest extent, has been shown to substantially decrease the risks of heart attack and stroke. Perhaps surprisingly, this benefit is seen

even in persons at advanced age with a large burden of atheroma, indicating that the disease is potentially reversible if treated with adequate vigour. Conversely, situations in which dyslipidaemia may be made worse are likely to promote arterial disease and increase the chances of cardiovascular morbidity and mortality. There is a need for a greater awareness of this, on the principle 'primum non nocere' in treating diseases such as the psychoses, in which effective drugs may have significant metabolic adverse effects.

12.30 — 13.00

Smoking, Diet and Exercise – Current Understanding

Dr. Emer Shelley, *Dept of Health and Children, Dublin*



Biographical Sketch

Emer Shelley (MD MSc FRCPI FFPHMI FFPH) is National Heart Health Advisor, based at the Department of Health and Children in Dublin. She is a consultant in Public Health Medicine, specialising in cardiovascular epidemiology. She was Project Director of the Kilkenny Health Project, a community cardiovascular disease prevention programme which was in place from 1985 to 1992. Subsequently, Dr. Shelley was Medical Director of the Irish Heart Foundation and then a specialist in public health medicine in the Eastern Regional Health Authority. She worked with the national Strategy Group to prepare the Cardiovascular Health Strategy and since 2000 has been supporting the implementation of the Strategy.

Overview of Presentation

The web of causation between risk factors, especially lifestyle factors, and cardiovascular disease (CVD), mental health and disease is complex. They may have some risk factors in common and interventions to reduce risk of CVD may alter mental health, for better or worse.

Smoking, diet and exercise are the main modifiable risk factors for CVD. Since 1985, there have been substantial decreases in CVD mortality in Ireland, as in many Western countries.

There have been few studies of CVD risk factors in patients with psychiatric conditions in Ireland. Anecdotally, this patient group has a very high prevalence of smoking, their diet may be low in fruit and vegetables, and have an unfavourable P/S ratio. In addition to factors which are environmentally and socially determined, the psychiatric condition

may of itself increase CVD risk. High alcohol consumption is associated with lipid abnormalities and raised blood pressure. Patients who are depressed or psychotic, have high anxiety levels or deteriorating memory are less likely to be motivated to take exercise, stop smoking or prioritise the maintenance and improvement of their physical health.

Patients with psychiatric illness benefit from interventions to reduce CVD risk. Some such interventions might improve their mental function, as in those with cerebrovascular dementia. Regular physical activity would improve mood and may reduce anxiety and CVD risk. For those in residential care, improved access to healthy food and encouragement of better health behaviours may improve self-esteem. Such interventions need to be tailored to meet the needs of the patient and appropriate to their mental health status.

Session 3: Friday, December 2, 2005

14.00 — 14.30

Implications of Obesity

Dr. Donal O'Shea,
St. Vincent's University Hospital, Dublin



Biographical Sketch

Donal O'Shea qualified from University College Dublin in 1989. He moved to Hammersmith Hospital in London and worked as a registrar in general medicine, cardiology and endocrinology before being appointed as Senior Registrar in the Department of Diabetes & Endocrinology. In 1993 he was awarded a Wellcome Trust Research Training Fellowship and completed the work for an MD thesis entitled *The hypothalamic control of appetite and peripheral metabolism*. In 1996 he was appointed to the post of Consultant Physician/Senior Lecturer in Diabetes and Endocrinology at Charing Cross Hospital. In 1999 Dr. O'Shea moved to his current position in St Vincent's University Hospital and St Columcille's Hospital Loughlinstown where he currently runs the only hospital based multidisciplinary treatment unit for the management of adult obesity in the country. He was a member of the Department of Health National Obesity Taskforce, chairing the Detection and Treatment subgroup which reported to the Government in May 2005, and has published on diabetes, obesity, steroid metabolism and thyroid disorders.

Overview of Presentation

The presentation will focus on the particular problems of obesity in patients with psychiatric disease. The practical management of obesity in this group will be discussed. The lack of availability of two of the three anti-obesity drugs for use in patients with obesity and psychiatric disease will be highlighted. The

psychiatric problems encountered when treating patients with morbid obesity will be discussed with particular emphasis on the experience from the local obesity service. The recommendations on antipsychotic drug use and obesity will be summarised.

14.30 — 15.00

Diabetes – The Global Cardiovascular Challenge

Dr. Amanda Adler, Addenbrook's Hospital, Cambridge, UK



Biographical Sketch

Amanda Ingham Adler, MD, PhD, FRCP, trained in economics, epidemiology and medicine. She worked as a diabetes epidemiologist in Seattle, Washington and for the Indian Health Service in the Alaskan arctic prior to moving to Oxford University as an epidemiologist and investigator on the UK Prospective Diabetes Study (UKPDS). Dr. Adler has consulted with the US Health Service Task Force, the World Health Organisation, the UK Medical Research Council, and the UK National Screening Committee with respect to screening and treatment of diabetes.

Currently, in addition to her role as Research Associate, Diabetes Trials Unit, Oxford University, Dr. Adler is the Clinical Lead for Diabetes at Addenbrooke's Hospital, Cambridge and supervises epidemiology students at Cambridge University.

Overview of Presentation

Diabetes is associated with a two-four fold increased risk of cardiovascular disease. Glycaemia, the only criteria required to define diabetes, is an independent risk factor for the development of diabetic complications including myocardial infarction, the most common complication of Type 2 diabetes. Clinical trials have shown that lower blood glucose lowers the risk of complications, although lipid lowering

and blood pressure lowering are also effective. Blood glucose lowering with metformin has been deemed cost-saving with respect to cardiovascular disease. Current trials are assessing whether weight loss drugs will lower the risk of diabetic complications. Diabetes Prevention Trials have been successful, with the anticipated benefit of lowering the burden of cardiovascular disease associated with diabetes.

15.00 — 15.30

Are Patients with Psychosis Predisposed to Metabolic Abnormalities?

Dr. Jogin Thakore, *St. Vincent's Hospital, Fairview, Dublin*



Biographical Sketch

Jogin H. Thakore, MB, PhD, MRCPI, MRCPsych, is a Clinical Psychiatrist at the Neuroscience Centre of St. Vincent's Hospital, Fairview in Dublin, Ireland, and Senior Lecturer in Psychiatry in the Department of Psychiatry at the Royal College of Surgeons in Ireland. Having graduated from Trinity College Dublin, he went on to train first in Ireland and then in London early in his career, where he obtained his MRCPsych and PhD in Psychiatry at the University of London. Upon returning to Ireland, he was awarded the MRCPI.

Dr. Thakore's principal area of research is cardiovascular risk factors in schizophrenia and basic sensory processing deficits in schizophrenia and subjects at high risk for schizophrenia. The evoked related potential studies are in collaboration with John Foxe at the Nathan Kline Institute for Psychiatric Research in New York, and Ian Robertson at TCD.

Overview of Presentation

The purpose of this presentation is to demonstrate that metabolic problems may be an inherent part of schizophrenia (Thakore, 2005). For instance, visceral obesity (fat within the abdomen) is linked to the development of CVD. Patients with schizophrenia have higher rates of visceral obesity than expected and this appears to be independent of the use of antipsychotic medication. Visceral obesity is linked to the development of Type 2 diabetes.

The annual incidence of Type 2 diabetes in schizophrenia is 4.4%. This rate is nearly seven times greater than that found in the general population (0.63%). Atypical antipsychotics have been blamed for the higher rates of

Type 2 diabetes seen in schizophrenia. However, the rates of treatment-emergent diabetes that can be attributed to these new medications is less than 1%. This implies that the illness of schizophrenia and associated features such as visceral obesity may play a part in the development of Type 2 diabetes. In support of such an independent association, is the fact that 15.4% of non-obese drug naive first episode patients with schizophrenia have impaired fasting glucose (a pre-diabetic state) and are insulin resistant, as compared to a matched control group. In addition, it has been shown that 19-30% of un-affected family members of schizophrenia sufferers have Type 2 diabetes.

9.00 — 9.30

Metabolic Burden in Psychiatric Patients with Schizophrenia

Dr. Marc De Hert *University Centre St. Jozef, Katholieke Universiteit Leuven, Belgium*



Biographical Sketch

Marc De Hert, MD, PhD, is a clinical psychiatrist and psychotherapist and Head of Ward Treatment of Psychosis at University Centre St. Jozef (Catholic University Louvain), Kortenberg, Belgium. He has a PhD in suicide in young schizophrenic patients and was appointed the Medical Director of Brussels Night Hospital in Brussels. His major research interests in psychosis and schizophrenia are health economics, family burden, rehabilitation, epidemiology, outcome research, and metabolic aspects of antipsychotic medication.

Overview of Presentation

A large scale naturalistic prospective metabolic study is currently ongoing at our hospital and affiliate services. This study includes oral glucose tolerance tests. Data will be presented on the prevalence of weight problems and the metabolic syndrome at baseline in a large cohort of patients suffering from schizophrenia.

Prospective on both glucose and lipid abnormalities in two cohorts of patients, (a) patients being treated with antipsychotics for a long time and (b) patients recently started on a specific antipsychotic.

Development and outcome of new-onset diabetes will be illustrated with some case-reports.

Dr. De Hert will also co-chair session 3 on Friday, December 2nd.

9.30 — 10.00

Antipsychotic Agents – Mechanism of Metabolic Disorders

Dr. Marilyn Ader, *University of Southern California, USA*



Biographical Sketch

Marilyn Ader is Associate Professor in the Department of Physiology and Biophysics at the Keck School of Medicine of the University of Southern California (USC) in Los Angeles. Dr. Ader received her B.S. degree in Biology from Utica College of Syracuse University, and her M.S. degree from Kent State University. She was awarded her Ph.D. in Physiology and Biophysics from USC in 1988 for groundbreaking work on mechanisms of insulin action to regulate glucose production. Her major research interests are the regulation of glucose tolerance, insulin resistance, and insulin secretory function and the mechanisms by which obesity increases risk for Type II diabetes.

More recently, Dr. Ader has extensively examined metabolic effects of atypical antipsychotics, and has uncovered significant effects on body fat distribution, insulin resistance, and pancreatic function. Dr. Ader serves on the editorial board of *American Journal of Physiology*, and is a member of many leading metabolism organizations, including the American Diabetes Association and the North American Association for the Study of Obesity. Dr. Ader has given numerous invited lectures in the US and abroad, and has served on NIH Study Sections for grant review. Dr. Ader has authored many scientific papers in leading peer-reviewed journals, and in collaboration with her colleague Richard Bergman, has produced a wide range of invited reviews and book chapters on the pathogenesis of diabetes and the metabolic risks of atypical antipsychotics.

Overview of Presentation

This presentation will include an overview of glucose homeostasis, with particular emphasis on likely targets for metabolic effects of antipsychotics. Further discussion will focus on pre-clinical studies which demonstrate possible

mechanisms of antipsychotic-induced weight gain and metabolic dysregulation, with an outline of recent metabolic studies in patients with schizophrenia.

Dr. Ader will also co-chair Session 3 on Friday, December 2nd.

10.00 — 10.30

Does Current Management Exacerbate Risk?

Dr. Brian O'Shea, *Newcastle Hospital, Wicklow*



Biographical Sketch

Brian O'Shea FRCPsych qualified in Medicine from University College Dublin in 1974. He trained in psychiatry in Dublin and was a Consultant Psychiatrist in St. Brendan's Hospital for two years before moving to Newcastle Hospital, Co. Wicklow in 1985 where he is Clinical Director. He has published many papers on such subjects as phenomenology, malignancy in relation to psychiatry, factitious disorders, electroconvulsive therapy, neuropsychiatry, pharmacotherapy, dynamic psychotherapy, self-help organisations, and the history of psychiatry. His books include a textbook of psychological medicine (4 editions), advances in schizophrenia research (2 volumes), and essays in psychiatry (2 volumes). He is an experienced examiner in both parts of the MRCPsych.

Overview of Presentation

This review focuses specifically on cardiac problems encountered in psychiatry. Somatic disease, including cardiac problems, is over represented in people with mental health problems. Available somatherapies have the potential to exacerbate the physical disabilities of patients, to create new disorders de novo, or, less commonly, to kill. It has become increasingly necessary, therefore, to possess a sound knowledge of adverse reactions associated with treatment.

This knowledge carries with it implications for resources and introduction, ECT, individual drugs (including ones not always considered in such reviews, such as phosphodiesterase inhibitors, anticholinergic drugs, anti-obesity preparations, bromocriptine, modafinil and St. John's Wort), suicide, sudden death, pregnancy, some syndromes, management issues in the physically ill depressive, and conclusions.

Session 2: Saturday, December 3, 2005

11.00 — 11.30

Issues in Managing Organic Disease in Psychiatric Illness

Prof. Kieran C. Murphy, *Royal College of Surgeons in Ireland and Beaumont Hospital, Dublin*



Biographical Sketch

Kieran C. Murphy graduated from UCD in 1987 and initially trained in Internal Medicine in the Mater Misericordiae University Hospital, Dublin. He then trained in Psychiatry in St. John of God Hospital, Dublin where he also obtained a Masters Degree in Psychoanalytical Psychotherapy from UCD. He moved to the University of Wales College of Medicine, Cardiff in 1994 where he completed his higher clinical training in Psychiatry and obtained a PhD in Psychiatric Genetics. In 1999, he was appointed Senior Lecturer in Behavioural Genetics at the Institute of Psychiatry, King's College London and in 2002, took up his current appointment as Professor and Chairman, Department of Psychiatry, Royal College of Surgeons in Ireland. His research interests include the genetics of psychiatric disorders and the assessment and neurobiology of behavioural phenotypes in genetic disorders.

Overview of Presentation

People with schizophrenia and other mental illnesses also have high rates of physical co-morbidity. In addition, with increasing use of atypical antipsychotics, common side effects such as weight gain and metabolic disorders further exacerbate organic disease in mental illness. Furthermore, people with mental illness have high rates of preventable risk factors including smoking, poor diet, high alcohol

consumption and lack of exercise. Recognition and management of organic disease in people with mental illness are confounded by barriers related to the patient, the illness, attitudes of medical practitioners and the structure of healthcare delivery services. Improved detection and treatment of medical illness in people with mental illness is urgently required.

11.30 — 12.00

Experiences in Managing Cardiovascular Risk in Psychiatric Patients

Dr. Helen Millar, *Carseview Centre, Dundee, Scotland*



Biographical Sketch

Helen Millar is a consultant psychiatrist, trained in both General Adult and Forensic Psychiatry across Scotland, Northern Ireland and England. Forensic settings included HMP Maze, The Raeside Clinic and The State Hospital, Carstairs. She is currently the Lead Clinician of a Community Mental Health Team in Dundee covering a deprived catchment area of 45,000 patients and is the Lead Clinician of a 12 bedded male Intensive Psychiatric Care Unit in the Carseview Centre, Dundee.

She has an active interest in clinically based research and most recently been involved in developing and piloting an innovative web based integrated electronic record system for the Tayside psychiatric population. She is also actively involved in clinical trial work, particularly looking at effectiveness of new antipsychotic medication.

Dr. Millar's current area of interest is the physical wellbeing of mentally ill patients and adopting a more holistic approach to the care of patients with severe and enduring mental illness. She has developed a health screen clinic to monitor the metabolic effects of antipsychotic medication and also offers a range of healthy lifestyle interventions including a football team with its own coach and league across Scotland.

Overview of Presentation

People with severe mental illness have a higher risk of co-morbidity than the general population. In particular, people with schizophrenia have an increased risk of premature death, dying at least 20 years earlier than the general population.

This presentation outlines the cardiovascular and metabolic risk factors experienced by the severely mentally ill due to not only the disease

process itself but also due to lifestyle and prescribed antipsychotic medication.

The Health Screen Clinic described is an example of a holistic approach to the treatment of such patients focusing on mental and physical well being as well as healthy lifestyle interventions in order to improve the overall quality of life for this population.

Dr. Millar will also co-chair Session 1 on Friday, December 2nd.

12.00 — 12.30

Models of Implementation of Managing Cardiovascular Risk in Psychiatric Patients

Prof. Kevin Malone, *St. Vincent's University Hospital, Dublin*



Biographical Sketch

Kevin Malone was appointed to the Chair of Psychiatry at St. Vincent's University Hospital, University College Dublin in September 2002. He graduated in medicine from the Royal College of Surgeons in 1984. In 1991, he was awarded a two-year International Fogarty Research Fellowship by National Institutes of Health (USA) to conduct Neurobiology Studies on Suicidal Depression at the University of Pittsburgh, and was awarded an M.D. degree for his research in 1994. In 1994 he moved to the Dept. of Neuroscience, College of Physicians and Surgeons of Columbia New York, where he was appointed Associate Professor of Psychiatry and Director of Clinical Evaluation and Treatment Studies at the Columbia University Center for Suicide Research. He returned to Ireland in 1998 to take up the post of Consultant Psychiatrist / Senior Lecturer at the Dept. of Adult Psychiatry, Mater Hospital / UCD. He was appointed Professor of Psychiatry at St. Vincent's University Hospital and University College Dublin in 2002.

Amongst his awards, he received a Distinguished Investigator Award from the American Foundation for Suicide Prevention for his brain imaging studies of suicidal depression. He was awarded Membership of the Royal College of Physicians in Ireland in 2001, based on his published work, and awarded Fellowship of The Royal College in 2004.

He has authored and co-authored over 70 original research papers in international peer-reviewed scientific journals, and has contributed chapters to over 20 scientific textbooks. He is a member of the Scientific Advisory Board of the American Foundation for Suicide Prevention, a Board member of the Irish Association of Suicidology, and a member of the European College of NeuroPsychopharmacology (ECNP).

He has recently established the *Turning The Tide of Suicide (3Ts) Foundation* which is dedicated to addressing the problem of suicide in modern Ireland through research, education and support. He has a clinical interest in the interdisciplinary management of complex medical disease.