

World Congress on

# Nutrition and Obesity Prevention Source

November 16-18, 2017, Barcelona, Spain

## Effects of Mirtazapine on Patients Undergoing Naturalistic Diabetes Treatment A Follow-Up Study Extended From 6 to 12 Months

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**Objectives:** This study aimed to assess any negative effects that treatment with mirtazapine may incur in diabetic patients.

**Methods:** This study included 33 patients enrolled in naturalistic diabetes treatment that had also been diagnosed with depression and prescribed mirtazapine for at least 6 months. Another 33 diabetic patients who had not taken any psychiatric medicines were included as a control group. Body mass index, fasting plasma glucose, HbA1c, total cholesterol, triglyceride levels, high-density lipoprotein, and low-density lipoprotein were assessed at baseline, 3 months, and 6 months.

**Results:** The dose of mirtazapine at baseline was  $24.3 \pm 14.0$  mg/d in the mirtazapine group, and the 2 groups did not differ in any baseline characteristics except for total cholesterol levels. Body mass index increased in both groups, and the change in the mirtazapine group ( $1.0 \pm 0.6$  kg/m) was significantly greater than that in the control group ( $0.3 \pm 0.4$  kg/m,  $P < 0.001$ ) at 6 months. Only the control group exhibited a decrease in fasting plasma glucose, whereas both groups showed a decrease in HbA1c, low-density lipoprotein, and total cholesterol, an increase in high-density lipoprotein, and no change in triglyceride levels. None of the differences between the groups were statistically significant.

**Conclusions:** In conclusion, mirtazapine increased the weight gain of diabetic patients; however, other diabetic and lipid markers generally did not worsen during the 6-month treatment period. These results suggest that, at least in the short term, mirtazapine is safe for diabetic patients in a stable state and are undergoing appropriate diabetic treatment.

### Biography:

Prof. Lee Jung Goo is associate professor of the department of psychiatry, Inje University Haeundae Paik Hospital, Busan, Korea. Concurrently, he is director of neuroscience research, Inje University Paik Institute for Clinical Research, Busan, Korea. Professor Lee is a board member of the Korean College of Neuropsychopharmacology, Korean Society of Depression and Bipolar Disorder and the Korean Society of Biological Therapies in Psychiatry. He is also an editorial board of the journal of Korean Society of Biological Psychiatry. His main research fields are neuropsychopharmacology and mood disorder.