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We know that psychiatric treatment outcomes in low-, middle-, and high-income countries reveal that the best outcomes integrate psychosocial and pharmacologic interventions.

The evidence presented in the literature also incorporate ethnic, environmental, and nutritional factors as inducers or inhibitors of transporter enzyme systems. The result? New categories of extensive, poor, intermediate, and ultrarapid metabolizers of medications have been better defined, enhancing treatment specificity.

Depression and cardiovascular diseases lead in the global burden of disease defined through Disability Adjusted Life Years. These two diagnostic categories are frequently comorbid with each other and have a cluster of determinants of a biologic, genetic, environmental, psychological, social, and cultural nature.

Protective factors and risk factors are well documented in the Adverse Childhood Experiences Study, ongoing research led by Dr. Robert F. Anda and Dr. Vincent J. Felitti that analyzes the relationship between various categories of trauma, and health and behavioral outcomes in later life.

The point is that health, illness, and culture coexist across the globe in clusters determined by numerous genetic, biologic, psychological, social, and cultural factors. These clusters are mitigated by protective factors and undermined by risk factors that are, in part, culturally determined.

Mr. Watters' lay perspective fails to capture these complexities.

Current and future health and illness research, diagnostic criteria manuals, treatments and services, education and training, as well as health policy, must strive to continue the integration of

these complex factors. Such integration would enhance the cultural specificity and universal applicability—and the differentiation between the two. ■

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occurred in 2% of GEODON patients and at a greater incidence than in placebo. Schizophrenia: *Body as a Whole*—asthenia, accidental injury, chest pain. *Cardiovascular*—tachycardia. *Digestive*—nausea, constipation, dyspepsia, diarrhea, dry mouth, anorexia. *Nervous*—extrapyramidal symptoms, somnolence, akathisia, dizziness. *Respiratory*—respiratory tract infection, rhinitis, cough increased. *Skin and Appendages*—rash, fungal dermatitis. *Special Senses*—abnormal vision. Bipolar Mania: *Body as a Whole*—headache, asthenia, accidental injury. *Cardiovascular*—hypertension. *Digestive*—nausea, diarrhea, dry mouth, vomiting, increased salivation, tongue edema, dysphagia. *Musculoskeletal*—myalgia. *Nervous*—somnolence, extrapyramidal symptoms, dizziness, akathisia, anxiety, hypesthesia, speech disorder. *Respiratory*—pharyngitis, dyspnea. *Skin and Appendages*—fungal dermatitis. *Special Senses*—abnormal vision. **Dose Dependency** An analysis for dose response in the schizophrenia 4-study pool revealed an apparent relation of adverse reaction to dose for the following reactions: asthenia, postural hypotension, anorexia, dry mouth, increased salivation, arthralgia, anxiety, dizziness, dystonia, hypertonia, somnolence, tremor, rhinitis, rash, and abnormal vision. **Extrapyramidal Symptoms (EPS)** The incidence of reported EPS for ziprasidone patients in the short-term, placebo-controlled schizophrenia trials was 14% vs. 8% for placebo. Objectively collected data from those trials on the Simpson-Angus Rating Scale (for EPS) and the Barnes Akathisia Scale (for akathisia) did not generally show a difference between ziprasidone and placebo. **Dystonia** Symptoms of dystonia, prolonged abnormal contractions of muscle groups, may occur in susceptible individuals during the first few days of treatment. While these symptoms can occur at low doses, they occur more frequently and with greater severity with high potency and at higher doses of first generation antipsychotic drugs. Elevated risk of acute dystonia is observed in males and younger age groups. **Vital Sign Changes** Ziprasidone is associated with orthostatic hypotension (see **PRECAUTIONS**). **Weight Gain** In short-term schizophrenia trials, the proportions of patients meeting a weight gain criterion of $\geq 7\%$ of body weight were compared, revealing a statistically significantly greater incidence of weight gain for ziprasidone (10%) compared to placebo (4%). A median weight gain of 0.5 kg was observed in ziprasidone patients compared to no median weight change in placebo patients. Weight gain was reported as an adverse event in 0.4% of both ziprasidone and placebo patients. During long-term therapy with ziprasidone, a categorization of patients at baseline on the basis of body mass index (BMI) revealed the greatest mean weight gain and highest incidence of clinically significant weight gain ($>7\%$ of body weight) in patients with low BMI (<23) compared to normal (23–27) or overweight patients (>27). There was a mean weight gain of 1.4 kg for those patients with a “low” baseline BMI, no mean change for patients with a “normal” BMI, and a 1.3 kg mean weight loss for patients who entered the program with a “high” BMI. **ECG Changes** Ziprasidone is associated with an increase in the QT_c interval (see **WARNINGS**). In the schizophrenia trials, ziprasidone was associated with a mean increase in heart rate of 1.4 beats per minute compared to a 0.2 beats per minute decrease among placebo patients. **Other Adverse Events Observed During the Premarketing Evaluation of Ziprasidone in Schizophrenia** Frequent adverse events are those occurring in at least 1/100 patients; infrequent adverse events are those occurring in 1/100 to 1/1000 patients; rare adverse events are those occurring in fewer than 1/1000 patients. *Body as a Whole*—Frequent: abdominal pain, flu syndrome, fever, accidental fall, face edema, chills, photosensitivity reaction, flank pain, hypothermia, motor vehicle accident. *Cardiovascular System*—Frequent: tachycardia, hypertension, postural hypotension. Infrequent: bradycardia, angina pectoris, atrial fibrillation. Rare: first degree AV block, bundle branch block, phlebitis, pulmonary embolus, cardiomegaly, cerebral infarct, cerebrovascular accident, deep thrombophlebitis, myocarditis, thrombophlebitis. *Digestive System*—Frequent: anorexia, vomiting. Infrequent: rectal hemorrhage, dysphagia, tongue edema. Rare: gum hemorrhage, jaundice, fecal impaction, gamma glutamyl trans-peptidase increased, hematemesis, cholestatic jaundice, hepatitis, hepatomegaly, leukoplakia of mouth, fatty liver deposit, melena. *Endocrine*—Rare: hypothyroidism, hyperthyroidism, thyroiditis. *Hemic and Lymphatic System*—Infrequent: anemia, ecchymosis, leukocytosis, leukopenia, eosinophilia, lymphadenopathy. Rare: thrombocytopenia, hypochromic anemia, lymphocytosis, monocytosis, basophilia, lymphedema, polycythemia, thrombocytopenia. *Metabolic and Nutritional Disorders*—Infrequent: thirst, transaminase increased, peripheral edema, hyperglycemia, creatine phosphokinase

increased, alkaline phosphatase increased, hypercholesterolemia, dehydration, lactic dehydrogenase increased, albuminuria, hypokalemia. Rare: BUN increased, creatinine increased, hyperlipemia, hypocholesterolemia, hyperkalemia, hypochloremia, hypoglycemia, hyponatremia, hypoproteinemia, glucose tolerance decreased, gout, hyperchloremia, hyperuricemia, hypocalcemia, hypoglycemic reaction, hypomagnesemia, ketosis, respiratory alkalosis. *Musculoskeletal System*—Frequent: myalgia. Infrequent: tenosynovitis. Rare: myopathy. *Nervous System*—Frequent: agitation, extrapyramidal syndrome, tremor, dystonia, hypertonia, dyskinesia, hostility, twitching, paresthesia, confusion, vertigo, hypokinesia, hyperkinesia, abnormal gait, oculogyric crisis, hypesthesia, ataxia, amnesia, cogwheel rigidity, delirium, hypotonia, akinesia, dysarthria, withdrawal syndrome, buccoglossal syndrome, choreoathetosis, diplopia, incoordination, neuropathy. Infrequent: paralysis. Rare: myoclonus, nystagmus, torticollis, circumoral paresthesia, opisthotonos, reflexes increased, trismus. *Respiratory System*—Frequent: dyspnea. Infrequent: pneumonia, epistaxis. Rare: hemoptysis, laryngismus. *Skin and Appendages*—Infrequent: maculopapular rash, urticaria, alopecia, eczema, exfoliative dermatitis, contact dermatitis, vesiculobullous rash. *Special Senses*—Frequent: fungal dermatitis. Infrequent: conjunctivitis, dry eyes, tinnitus, blepharitis, cataract, photophobia. Rare: eye hemorrhage, visual field defect, keratitis, keratoconjunctivitis. *Urogenital System*—Infrequent: impotence, abnormal ejaculation, amenorrhea, hematuria, menorrhagia, female lactation, polyuria, urinary retention, metrorrhagia, male sexual dysfunction, anorgasmia, glycosuria. Rare: gynecomastia, vaginal hemorrhage, nocturia, oliguria, female sexual dysfunction, uterine hemorrhage. **Adverse Findings Observed in Trials of Intramuscular Ziprasidone** In these studies, the most commonly observed adverse reactions associated with the use of intramuscular ziprasidone ($\geq 5\%$) and observed at a rate on intramuscular ziprasidone (in the higher dose groups) at least twice that of the lowest intramuscular ziprasidone group were headache (13%), nausea (12%), and somnolence (20%). **Adverse Events at an Incidence of $\geq 1\%$ in Short-Term Fixed-Dose Intramuscular Trials** The following list enumerates the treatment-emergent adverse events that occurred in $\geq 1\%$ of patients during acute therapy with intramuscular ziprasidone: *Body as a Whole*—headache, injection site pain, asthenia, abdominal pain, flu syndrome, back pain. *Cardiovascular*—postural hypotension, hypertension, bradycardia, vasodilation. *Digestive*—nausea, rectal hemorrhage, diarrhea, vomiting, dyspepsia, anorexia, constipation, tooth disorder, dry mouth. *Nervous*—dizziness, anxiety, insomnia, somnolence, akathisia, agitation, extrapyramidal syndrome, hypertonia, cogwheel rigidity, paresthesia, personality disorder, psychosis, speech disorder. *Respiratory*—rhinitis. *Skin and Appendages*—furunculosis, sweating. *Urogenital*—dysmenorrhea, priapism. **Other Events Observed During Post-marketing Use** Adverse reaction reports not listed above that have been received since market introduction include rare occurrences of the following—*Cardiac Disorders*: Tachycardia, torsade de pointes (in the presence of multiple confounding factors), (see **WARNINGS**); *Digestive System Disorders*: Swollen Tongue; *Reproductive System and Breast Disorders*: Galactorrhea, priapism; *Nervous System Disorders*: Facial Droop, neuroleptic malignant syndrome, serotonin syndrome (alone or in combination with serotonergic medicinal products), tardive dyskinesia; *Psychiatric Disorders*: Insomnia, mania/hypomania; *Skin and subcutaneous Tissue Disorders*: Allergic reaction (such as allergic dermatitis, angioedema, orofacial edema, urticaria), rash; *Urogenital System Disorders*: Enuresis, urinary incontinence; *Vascular Disorders*: Postural hypotension, syncope.

DRUG ABUSE AND DEPENDENCE

Controlled Substance Class Ziprasidone is not a controlled substance.

OVERDOSAGE

In premarketing trials in over 5400 patients, accidental or intentional overdosage of oral ziprasidone was documented in 10 patients. All patients survived without sequelae. In the patient taking the largest confirmed amount (3240 mg), the only symptoms reported were minimal sedation, slurring of speech, and transitory hypertension (200/95).

EXPERT COMMENTARY

Lancet's Retraction Is Positive Move

I welcome the Lancet's decision to retract the 1998 article by Dr. Andrew Wakefield that described an association between the measles, mumps, and rubella vaccine and autism.

Numerous well-designed and carefully conducted studies have explored this purported link. The results have been consistent and reassuring: Immunizations do not cause autism. Yet, parents, the media, and the general public remain concerned and confused. As a result, immunization rates continue to fall, leading to an increase in the incidence of serious childhood illnesses.

Last year, the American Academy of Child and Adolescent Psychiatry, the American Psychiatric Association, and the American Academy of Psychiatry and the Law brought this issue to the American Medical Association.

After extensive deliberations, the AMA concurred that vaccines do not cause autism, concluded that decreasing immunization rates have resulted in a resurgence of vaccine-preventable diseases and deaths, and reaffirmed its support for universal vaccination. The AMA emphasized the importance of ongoing education and work with the media to enhance public confidence in the safety of vaccines.

Autism is a tragic disorder for children and families. Identifying the cause and developing effective intervention programs depend on credible research conducted with appropriate methodology. Children should not be placed at increased risk of preventable disease based on speculation, premature conclusions, and unproven hypotheses. ■

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