



# Suggested Verbatim

- Weight change is associated with all antipsychotics
- There are predictors of weight change with Zyprexa
  - good clinical response
  - low BMI
  - increased appetite
- Facts about weight gain
  - plateaus at 9 months
  - average weight gain is 6kg (or 7% of body weight)
  - difference between Zyprexa and risperidone over 28 weeks was 1.8kg
  - weight change is not related to dose of Zyprexa used
  - discontinuation because of weight gain in clinical trials was 0.4%
- It is a manageable side effect
  - advise on healthy life style
  - consult dietician
  - mild exercise regime
- Need to balance this side effect against:
  - other side effects such as EPS which are potentially more debilitating
  - superior efficacy profile seen with Zyprexa

# Weight change and antipsychotics

- Weight change is commonly associated with antipsychotic therapy
- Mechanism of weight gain is not known
  - a complex phenomenon influenced by multiple factors
  - 5HT<sub>2c</sub> and H<sub>1</sub> receptor antagonism are possible candidates
- Weight change is often related to clinical response and baseline body mass index

# Weight change and olanzapine

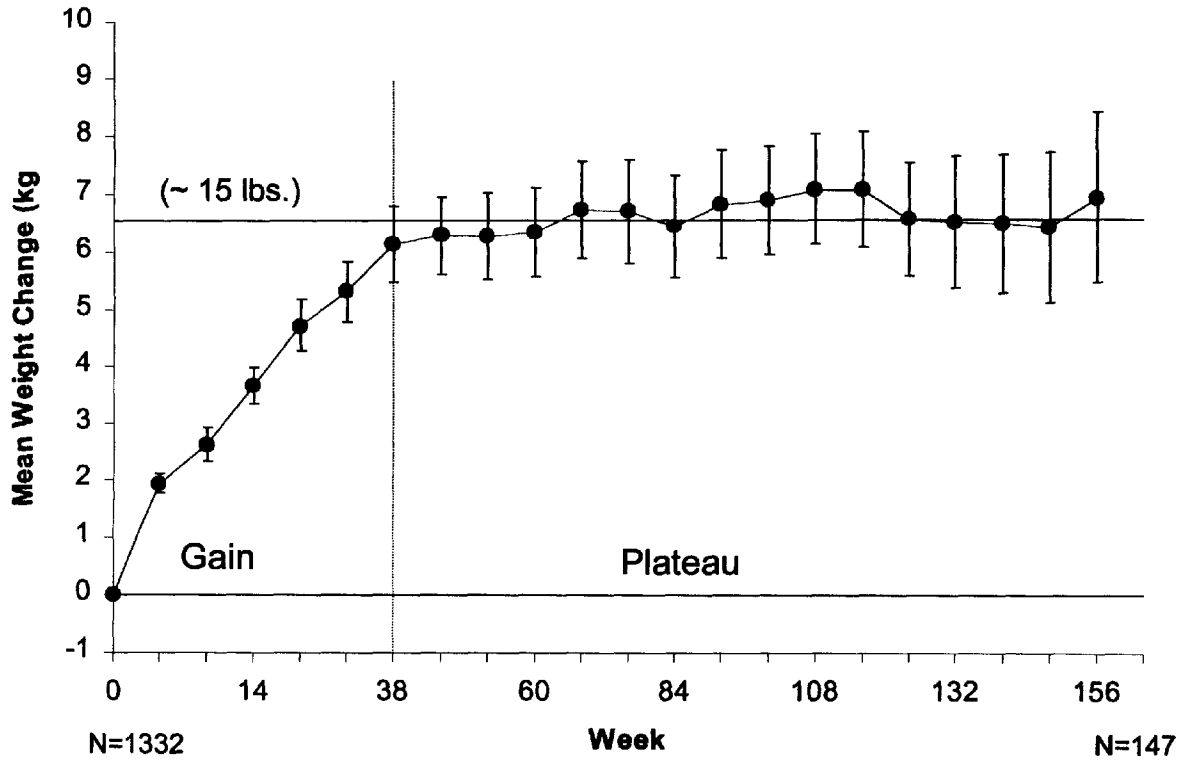
- Ranges from weight loss to weight gain
- Predictors of weight gain are
  - increased appetite during treatment
  - clinical response (similar for haloperidol and risperidone)
  - baseline body mass index (similar for haloperidol and risperidone)

# Predictors of weight change

- Study HGAJ
  - the most robust predictors of weight gain on olanzapine versus haloperidol were randomisation to olanzapine and increased appetite
- Study HGBG
  - the most robust predictors of weight gain on olanzapine versus risperidone were clinical improvement, age and baseline body mass index

# Olanzapine in Study HGAJ

## Mean Change in Body Weight (kg) - (3 yr)



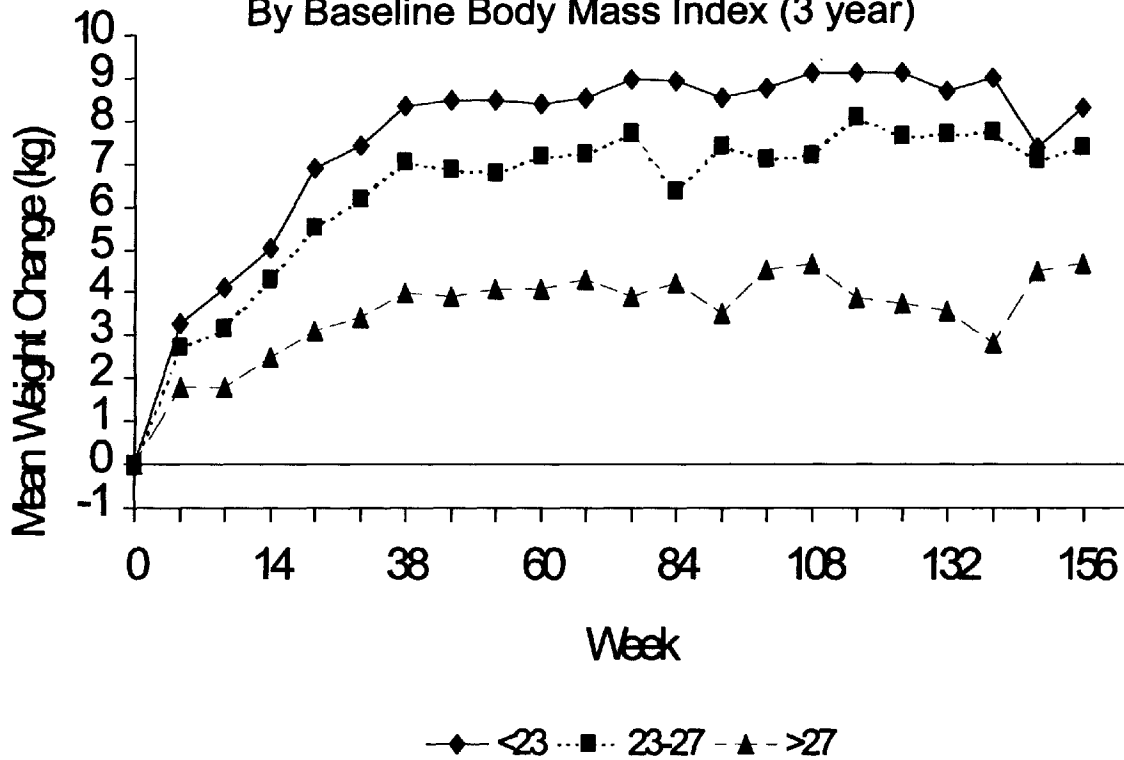
Note: Double-blind and open-label Olanzapine



# Olanzapine in Study HGAJ

## Mean Weight Change

By Baseline Body Mass Index (3 year)



Completers Only

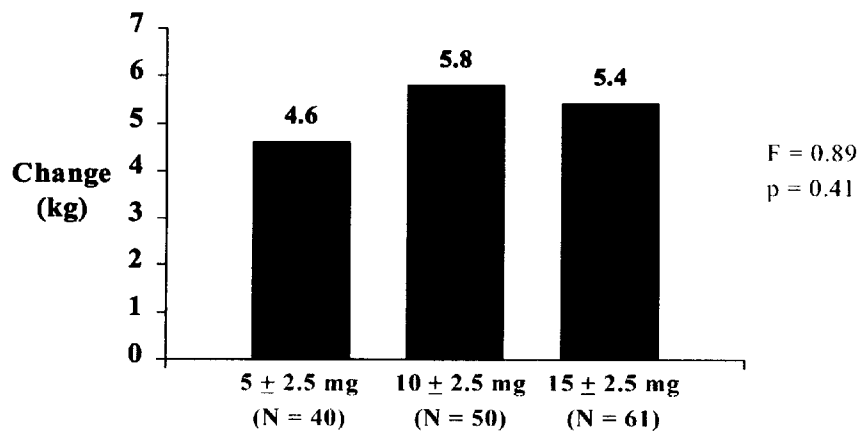


## Mean Weight Change Olanzapine Patients Overall Database\* - Jan 99 (kg)

Amount Gained (kg)	Time			
	6 Weeks (n = 2976) (%)	6 Months (n = 1536) (%)	12 Months (n = 778) (%)	24 Months (n = 422) (%)
≤ 0	27	21	20	22
0 - 5	57	34	25	22
5 - 10	15	26	25	22
10 - 15	2	12	16	18
> 15	0	6	14	16

\*All olanzapine studies included in the 1998 US FDA annual report

### Weight Change (kg) by Olanzapine Dose: Completers to Week 10



# Weight change and olanzapine

- For patients who gain weight, increases typically occur during the first 9 months and trend towards a plateau (36 month data)
- Mean weight change at 36 months was 6.73kg
- Dosing beyond 10mg does not appear to significantly influence amount of weight gain
- 44% of patients lose weight or gain less than 5kg (24 month data)
- 0.4% of patients in clinical trials discontinued due to weight gain

# Weight change and olanzapine

- For patients where weight gain is an issue
  - advise and discuss with patient/carer in relation to clinical improvement
  - consider advice on
    - diet
    - healthy living
    - moderate exercise