

# In Mentally Ill, CVD More Deadly Than Suicide

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CHICAGO — Death due to cardiovascular disease dwarfs suicide as a cause of total years of potential life lost among patients with major mental illness, according to a five-state study.

Even though suicide is less common than cardiovascular disease, it tends to occur at a younger age, so the argument has

been that it therefore accounts for a disproportionate burden in terms of lost potential. Not so, Dr. John W. Newcomer said at the American Psychiatric Association’s Institute on Psychiatric Services.

“Patients with major mental illness are losing 25 years of life compared to the general population. And the largest percentage of those deaths comes from coronary heart disease,” said Dr. Newcomer, professor of psychiatry, psychol-

ogy, and medicine and medical director of the center for clinical studies at Washington University in St. Louis.

He analyzed mortality data on public sector patients with major mental illness in five states over a 5-year period. The total number of years of potential life lost in this group, compared with life expectancy in the general population, was roughly 48,000, including 4,786 person-years of life lost because of suicide.

By comparison, coronary heart disease accounted for 14,871 years of potential life lost. Add in the nearly 1,500 years lost because of diabetes, 1,200 because of cerebrovascular disease, and deaths resulting from chronic obstructive pulmonary disease—which shares several risk factors with coronary heart disease—and the total approaches 20,000 of the 48,000 years of potential life lost in patients with severe mental illness, he said. ■

## Humalog® KwikPen®

The easy-to-use, easy-to-inject prefilled pen.\*<sup>1</sup>

- Small, lightweight, and portable
- Allows your patients to discreetly deliver Humalog®
- Does not need refrigeration after first use
- Easy to set the dose<sup>1</sup>
- Short thumb-reach at high doses

(Actual size)



**Please note:**  
When prescribing Humalog KwikPen, you will need to write a separate prescription for BD needles.

**Humalog® KwikPen®**  
insulin lispro injection (rDNA origin)

Humalog (insulin lispro injection [rDNA origin]) is for use in patients with diabetes mellitus for the control of hyperglycemia. Humalog should be used with longer-acting insulin, except when used in combination with sulfonylureas in patients with type 2 diabetes.

### Important Safety Information

Humalog differs from regular human insulin by its rapid onset of action as well as a shorter duration of action. Therefore, when used as a mealtime insulin, Humalog should be given within 15 minutes before or immediately after a meal. Due to the short duration of action of Humalog, patients with type 1 diabetes also require a longer-acting insulin to maintain glucose control (except when using an insulin pump). Glucose monitoring is recommended for all patients with diabetes.

The safety and effectiveness of Humalog in patients less than 3 years of age have not been established. There are no adequate and well-controlled clinical studies of the use of Humalog in pregnant or nursing women.

**Starting or changing insulin therapy should be done cautiously and only under medical supervision.**

Humalog is contraindicated during episodes of hypoglycemia and in patients sensitive to Humalog or one of its excipients.

### Hypoglycemia

Hypoglycemia is the most common adverse effect associated with insulins, including Humalog. Hypoglycemia can happen suddenly, and symptoms may be different for each person and may change from time to time. Severe hypoglycemia can cause seizures and may be life-threatening.

### Other Side Effects

Other potential side effects associated with the use of insulins include: hypokalemia, weight gain, lipodystrophy, and hypersensitivity. Systemic allergy is less common, but may be life-threatening. Because of the difference in action of Humalog, care should be taken in patients in whom hypoglycemia or hypokalemia may be clinically relevant (eg, those who are fasting, have autonomic neuropathy or renal impairment, are using potassium-lowering drugs, or taking drugs sensitive to serum potassium level).

**For additional safety profile and other important prescribing considerations, see the accompanying Brief Summary of full Prescribing Information.**

**Please see full user manual that accompanies the Pen.**

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\* KwikPen Design Validation User Study included adult male and female participants with type 1 and type 2 diabetes. Of the total 150 study participants, 56 were insulin-naïve, 42 were currently administering insulin with a vial and syringe, and 52 were experienced insulin pen users.

### Reference

1. Data on file, Eli Lilly and Company. KwikPen Design Validation User Study. HUM20071024A.

### Also Available

Original  
Prefilled Pen



Humalog® is also available by prescription in the **original Humalog Prefilled Pen.**

Find out more at [www.humalog.com](http://www.humalog.com)



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