



Understanding Tardive Dyskinesia

What Is It, What Causes It, and Actions You Can Take to Get Help for It

Has your doctor talked with you about a potential side effect called tardive dyskinesia (TD)? This condition can—but does not always—occur with long-term use of certain types of medications, such as antipsychotics. You might develop involuntary, purposeless, and repetitive movements of the face/mouth or body. In some cases, TD is irreversible even if you stop taking the medication that triggered the side effect. **But now, TD can be treated.**



Did You Know?

- The **biggest risk factors** for TD are increasing age, being female, and having taken antipsychotic medications for months or years, especially if you had side effects like stiffness and tremor.
- **Early signs** of TD often are jerky, irregular movements in the face, lips, tongue, arms, legs, hands, feet, and trunk.
- **Treatments for TD** are now available, and studies have shown that these new medications are effective and well tolerated.



Could You or a Loved One Have TD?

Ask yourself the following questions. If you or your loved one might be experiencing TD, talk with your health care provider.

- ☐ Are you taking a medication that can trigger TD? If so, have you been taking it for a long time?
- ☐ Have you noticed any abnormal movements? Or has a friend or loved one noticed these symptoms?
- ☐ Did you have any abnormal movements when you started taking the medication?
- ☐ Have the movements limited your life?

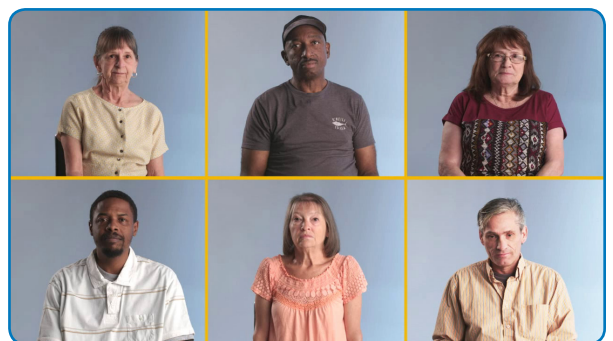


Hear From People Who Have Experienced TD

Visit Patients.CMEInstitute.com to watch brief videos featuring a nationally recognized psychiatrist, his patients, and their family members.

The 6 brief videos cover a range of topics:

- What Is TD and What Causes It?
- Know the Signs: Early Recognition of TD
- Take Action: What to Do if You or Your Loved One Has Evidence of TD
- Approved Treatments for TD
- Living With TD: For the Patient
- Living With TD: For the Family



The earlier TD is diagnosed, the better. If you or a loved one could have TD, **don't wait** to contact your health care provider because **treatment is available**. Together, you can determine a treatment plan that is right for you.



To read personal stories from people who have been treated for TD, visit Patients.CMEInstitute.com



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P A T I E N T S

References

1. Jain R, Correll CU. Tardive dyskinesia: recognition, patient assessment, and differential diagnosis [Academic Highlights]. *J Clin Psychiatry*. 2018;79(2):nu17034ah1c.
2. Manning JS, McEvoy JP. What You Should Know About Tardive Dyskinesia: Screening, Causes, and New Treatment Options [webcast]. *J Clin Psychiatry*. 2018;79(1):nu16048wc3c

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Resources

For support and more information, visit these advocacy groups:

**Depression and Bipolar
Support Alliance (DBSA)**



Depression and Bipolar
Support Alliance

Mental Health America (MHA)



**Schizophrenia and Related Disor-
ders Alliance of America (SARDAA)**

