

## Fast Facts

### Schizophrenia

- When a person has problems with their emotions, behaviors and thinking
- Thought to be the result of abnormal amounts of the neurotransmitters, dopamine and glutamate, due to genetic and environmental factors
- Can be incredibly debilitating causing the person to not be able to function on a daily basis
  - Symptoms can change in type and severity over time
  - Men start having symptoms in their early to mid-20s
  - Women start having symptoms in their late 20s
- Rare for individuals over the age of 45 and uncommon for children to be diagnosed
- Symptoms in teenagers can be hard to recognize because they are very similar to typical teenage behavior

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Delusions</li> <li>-Hallucinations (visual or auditory)</li> <li>-Difficulty communicating effectively</li> <li>-Abnormal behavior, such as being childlike, overly silly, unpredictably agitated, unaccepting of instructions, have useless/excessive movements or don't respond</li> </ul> <p><i>Teenagers:</i></p> <ul style="list-style-type: none"> <li>-Trouble sleeping</li> <li>-Lack of motivation</li> <li>-Irritability</li> <li>-Depressed</li> <li>-Decreased performance at school</li> <li>-Withdrawing from family/friends</li> <li>-Visual hallucinations</li> </ul>	<p>Person requires treatment their entire life (even if symptoms are better)</p> <p><i>Medications:</i></p> <ul style="list-style-type: none"> <li>-Antipsychotics</li> <li>-Antidepressants</li> <li>-Anti-anxiety</li> </ul> <p><i>Psychosocial Therapy:</i></p> <ul style="list-style-type: none"> <li>-Individual</li> <li>-Social skills training</li> <li>-Vocational rehabilitation</li> <li>-Family</li> </ul>	<ul style="list-style-type: none"> <li>-No specific way to prevent schizophrenia</li> </ul> <p>Goal: To prevent a relapse from occurring</p> <ul style="list-style-type: none"> <li>-Stick with treatment plan, even if you are feeling better</li> <li>-Stay focused on goals so you stay motivated</li> <li>-Learn as much as possible about the disorder</li> <li>-Join a support group</li> <li>-Ask your doctor about services that can help you with daily activities</li> <li>-Find ways to manage your stress</li> </ul>

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