

# Tardive Dyskinesia Awareness

## What is Tardive Dyskinesia?

Tardive Dyskinesia (TD) is a neurological disorder that causes uncontrolled, repetitive movements of a person's face, limbs, or other parts of the body.

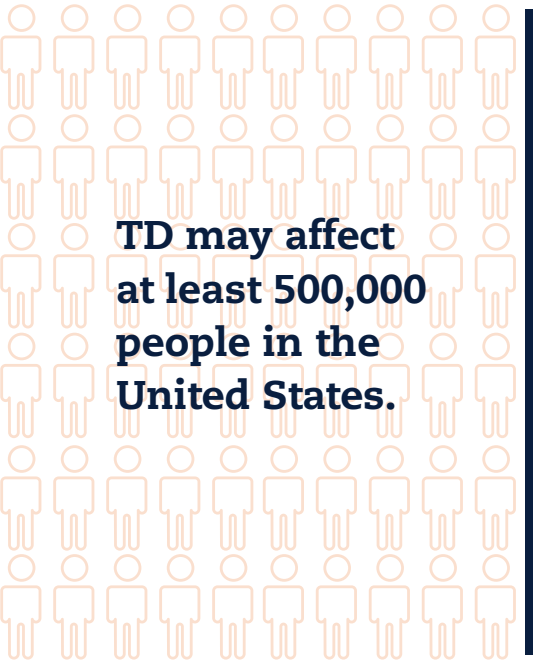
## What Causes Tardive Dyskinesia?

- TD is associated with medications that block dopamine receptors in the brain.
- Antipsychotics are a commonly used type of dopamine blocking medication that can potentially cause TD. People who have schizophrenia, bipolar disorder, and severe depression may take antipsychotic medication to help manage their symptoms.
- Older antipsychotics (also known as typical or first-generation antipsychotics) are more likely to cause TD. Newer antipsychotics (also known as atypical antipsychotics) are less likely to cause TD, but there is still some risk.

### RISK FACTORS FOR DEVELOPING TD INCLUDE:

- ✓ Treatment with antipsychotics for a few months or longer
- ✓ Having a mood disorder (like depression or bipolar disorder)
- ✓ Older age (50+)
- ✓ Having alcoholism or another substance use
- ✓ Being female
- ✓ Taking older (first generation or typical) antipsychotics

*\* Make sure to talk to your doctor before changing or stopping any medications.*



**TD may affect  
at least 500,000  
people in the  
United States.**

## What Does TD Look Like?

The symptoms of TD can look different from day to day. These movements can appear rapid and jerky or slow and writhing. Some of the movements that can occur with TD are:

- Lip smacking, puckering, or pursing lips
- Tongue thrusting
- Grimacing, repetitive chewing, or jaw swinging
- Excessive blinking
- Hip rocking or jerking
- "Dancing" finger and toe movements

**Up to 30% of people  
may develop TD after  
prolonged treatment  
with antipsychotics.**

## How might TD Affect Me?

- People with TD can have difficulty in social interactions and may feel embarrassed or judged by others as a result of their symptoms.
- People with TD can face stigma from other people, and even medical professionals, and others may assume that they have an intellectual disability or are under the influence of drugs or alcohol.
- TD may cause people to withdraw and isolate themselves and can make employment a struggle.

Read more on back

# Myths and Facts About Tardive Dyskinesia Awareness

## MYTH

Stopping a medication that can cause TD will prevent symptoms from occurring

Treatment for TD symptoms is temporary, like treatment for an infection.

The symptoms of TD should be hidden, and a person should do their best to control the movements on their own.

Symptoms of TD are embarrassing and frustrating but are not physically harmful.

## FACT

Stopping a medication that can cause TD may not be enough to prevent symptoms or improve symptoms.

TD is a chronic condition. If treatment for TD is stopped, the movements will come back. Treatment for TD is long-term, like treatment for hypertension or diabetes.

It is important to talk to your doctor about any symptoms you are having that may be TD. The movements that occur in TD cannot be controlled by the patient through willpower and require medical intervention to control.

The movements that occur in TD can cause physical problems like dental problems, sores, pain, and falls.

## Questions for Patients, Caregivers, and Medical Providers

The following questions may help guide patients, their caregivers, and medical professionals when discussing TD.

1. Does my current medication regimen put me at increased risk for TD?
2. Have I or a loved one noticed any movements that seem out of the ordinary?
3. Could the kinds of involuntary movements I've had be a sign of TD?
4. Are there medication changes that may lower my risk of developing TD or reduce my TD symptoms?
5. What might the progression of TD look like for me, if left untreated?
6. What can I do if TD is affecting my daily functioning or impacting my relationships?
7. What resources exist where I can learn more about TD?

**For more information on TD, visit [www.DBSAAlliance.org/TD](http://www.DBSAAlliance.org/TD)**



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