



SCHIZOPHRENIA

Are you feeling significant impairment in academic, occupational and/or social functioning?

Have you become suspicious, bearing grudges and feeling victimized?

Are you hear, see, feel or smell something that is not there?

Have you felt this way for a long time?

If so, you may have
Schizophrenia

What is schizophrenia?

Schizophrenia is a chronic and severe mental disorder that affects how a person thinks, feels, and behaves. People with schizophrenia may seem like they have lost touch with reality. Although schizophrenia is not as common as other mental disorders, the symptoms can be very disabling.



What are the signs and symptoms of schizophrenia?

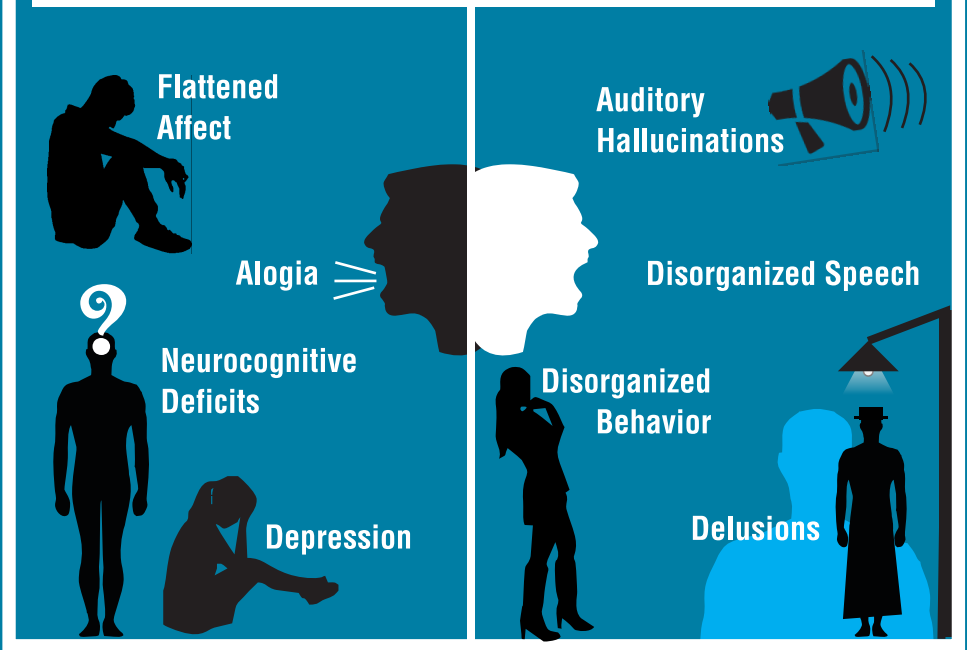
Symptoms of schizophrenia usually start between ages 16 and 30. In rare cases, children have schizophrenia too.

The symptoms of schizophrenia fall into three categories: positive, negative, and cognitive.

Positive symptoms: “Positive” symptoms are psychotic behaviors not generally seen in healthy people. People with positive symptoms may “lose touch” with some aspects of reality.

Negative symptoms: “Negative” symptoms are associated with disruptions to normal emotions and behaviors.

NAGATIVE AND POSITIVE SYMPTOMS IN SCHIZOPHRENIA



Cognitive symptoms: For some patients, the cognitive symptoms of schizophrenia are subtle, but for others, they are more severe and patients may notice changes in their memory or other aspects of thinking. Symptoms include:

- Poor “executive functioning” (the ability to understand information and use it to make decisions)
- Trouble focusing or paying attention
- Problems with “working memory” (the ability to use information immediately after learning it)

Which are the risk factors for schizophrenia?

There are several factors that contribute to the risk of developing schizophrenia.

● Genes and environment

Environmental factors may involve:

- Exposure to viruses
- Malnutrition before birth
- Problems during birth
- Psychosocial factors

● Different brain chemistry and structure

How can I help someone I know with schizophrenia?

Caring for and supporting a loved one with schizophrenia can be hard. It can be difficult to know how to respond to someone who makes strange or clearly false statements. It is important to understand that schizophrenia is a biological illness.

Here are some things you can do to help your loved one:

- Get them treatment and encourage them to stay in treatment
- Remember that their beliefs or hallucinations seem very real to them
- Tell them that you acknowledge that everyone has the right to see things their own way
- Be respectful, supportive, and kind without tolerating dangerous or inappropriate behavior
- Check to see if there are any support groups in your area



What are the life style tips to fight Schizophrenia?



Eat plenty of fruit and veg.



Take gentle exercise



Get 8 hours sleep a night



Relax with yoga or meditation



Don't drink too much



Spend time with friends and family

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