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# Diabetes Screening

## For People With Schizophrenia, Schizoaffective Disorder, or Bipolar Disorder Who Are Using Antipsychotic Medications (SSD)

Diabetes is among the top 10 causes of death in the U.S.,<sup>1</sup> and adults with serious mental illness who use antipsychotics are at an increased risk.<sup>2</sup> It is recommended that patients who use antipsychotics get screened for diabetes annually.

### What are the causes?

The medicines you take for schizophrenia or bipolar disorder may come with more risk for diabetes. It's possible that some of these medicines make you more likely to gain weight.

### What should you do?

- **Talk to your primary care provider (PCP) or mental health provider about ordering a glucose test once a year.**
- **Maintain a healthy lifestyle:**
  - Decrease the fat content in your diet and increase fiber intake.
  - Increase your intake of fruit and vegetables.
  - Opt for whole wheat breads over refined white breads.
  - Avoid sugary drinks.
  - Exercise for at least 10–15 minutes per day.

<sup>1</sup><https://diabetes.org/about-diabetes/statistics/about-diabetes>

<sup>2</sup><https://www.ncqa.org/hedis/measures/diabetes-and-cardiovascular-disease-screening-and-monitoring-for-people-with-schizophrenia-or-bipolar-disorder/>