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health & wellness.



Diabetes Monitoring

For People With Diabetes and Schizophrenia

For patients with schizophrenia, metabolic syndrome occurs in one in three patients and diabetes in one in five patients.¹

Causes

Environmental and genetic factors, as well as antipsychotic medication prescribed to manage schizophrenia, may contribute to the development of diabetes.¹

Getting Back to Your Best Health

Talk to your primary care provider (PCP) about ordering a glucose test and cholesterol test once a year.

Healthy Reminders:²

1. Exercise.

High-intensity exercise has been linked with less severe symptoms of schizophrenia.

2. Quit smoking.

3. Eat a balanced diet of fruits and vegetables.

4. Avoid sugary food and drinks.

Food and drinks that are high in sugar have been linked with higher cholesterol levels.

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4386295/>

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7796511/>