

Tardive Dyskinesia Awareness Week

Tardive dyskinesia (TD) is a condition of uncontrollable movements affecting the face, torso, and/or other body parts.^{1,2} TD may develop after a few months of taking certain medications to treat bipolar disorder, depression, or schizophrenia.^{1,3,5}

TD is estimated to affect
~600,000
people in the United States^{3,4}

Even though TD can look or feel different from day to day, the symptoms may be persistent and often are irreversible.¹ Imagine a patient who is struggling to control their mental health and then is faced with uncontrollable movements, including^{2,6}:

- Lip puckering, pouting, or smacking
- Tongue darting, sticking out, or pushing inside of cheek
- Excessive blinking or squinting again and again
- Jaw biting, clenching, or side-to-side movements
- Twisting hands or dancing fingers
- Rocking, leaning back, or torso and hip shifting
- Gripping feet or stretched toes

These involuntary movements associated with TD can impact patients socially, physically, and emotionally,⁷ making them feel embarrassed or judged by others and, in some cases, may lead them to withdraw from society and isolate themselves from the outside world.^{2,7-9}

Despite the number of people impacted by the condition, TD remains largely unknown. However, for patients living with TD, their families, and their caregivers, it is important to know that they are not alone.

In an effort to raise awareness about TD, many states are being asked to declare **Tardive Dyskinesia Awareness Week** during the first full week of May 2-8 2021.

1 in 5 US adults live with a mental illness.¹⁰

May is also Mental Health Month, and as we work to increase awareness and support for those impacted by mental health conditions, it is important to remember that those living with a mental illness may also have TD.

Over the past 3 years, 33 states, Washington, DC, and a broad coalition of mental health advocacy organizations recognized the first week of May as Tardive Dyskinesia Awareness Week.

In 2021, states are continuing to declare Tardive Dyskinesia Awareness Week to recognize those living with this involuntary movement disorder.

It is critical that we recognize patients suffering from TD and the impact on their mental well being.

Learn more by visiting www.TalkAboutTD.com and following @TalkAboutTD on Twitter and Facebook



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