

# Tardive Dyskinesia Awareness Week

Raise awareness for tardive dyskinesia (TD) during TD Awareness Week's 5th anniversary

**Tardive dyskinesia** is an involuntary movement disorder that is associated with taking certain medications [antipsychotics] to treat bipolar disorder, depression, schizophrenia, or schizoaffective disorder.<sup>1-3</sup> TD is characterized by uncontrollable, abnormal, and repetitive movements of the face, torso, and/or other body parts.<sup>4</sup>

TD is estimated to affect  
**~600,000**  
people in the United States<sup>2,5</sup>

Even though TD can look or feel different from day to day, TD is a real, chronic condition and symptoms may be persistent.<sup>3</sup> Imagine a patient who is struggling to control their mental health and then is faced with uncontrollable movements, including:<sup>1,4</sup>

- Lip puckering 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,<sup>6</sup> making them feel embarrassed or judged by others and, in some cases, lead them to withdraw from society and isolate themselves from the outside world.<sup>1,6-8</sup>

Despite the number of people impacted by the condition, many people are still unfamiliar with TD. 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 of TD, states are being asked to declare **Tardive Dyskinesia Awareness Week** during the first full week of May 1-7, 2022.

In Pennsylvania, more than **2 million** people, or **20%** of adults in the state, live with a mental illness.<sup>9</sup>

May is also Mental Health Awareness 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 and taking antipsychotics for a prolonged time may develop or already have TD.

Over the past 4 years, and entering the 5th anniversary, **49 states, Washington, DC**, and a broad coalition of mental health advocacy organizations recognized the first week of May as Tardive Dyskinesia Awareness Week.

Learn more about TD, living with TD, and how to treat TD by visiting [TalkAboutTD.com](https://www.talkabouttd.com).

#### References:

1. Task Force on Tardive Dyskinesia. Tardive Dyskinesia: A Task Force Report of the American Psychiatric Association. American Psychiatric Association; 1992. 2. Cloud LJ, Zutshi D, Factor SA. Tardive dyskinesia: therapeutic options for an increasingly common disorder. *Neurotherapeutics*. 2014;11(1):166-176. 3. American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders*. 5th ed. American Psychiatric Association; 2013:712. 4. Guy W. ECDEU Assessment Manual for Psychopharmacology. 1976. National Institute of Mental Health; 1976. 5. Data on file. Neurocrine Biosciences. 6. Ascher-Svanum H, et al. Tardive dyskinesia and the 3-year course of schizophrenia: results from a large, prospective, naturalistic study. *J Clin Psych*. 2008;69(10):1580-1588. 7. Boumans C, de Mooij K, Koch P, Al. E. Is the social acceptability of psychiatric patients decreased by orofacial dyskinesia? *Schizophr Bull*. 1994;20(2):339-344. 8. Citrome L. Clinical management of tardive dyskinesia: Five steps to success. *J Neural Sci*. 2017;383:199-204. 9. Reinert, M, Fritze, D, & Nguyen, T. [October 2021]. "The State of Mental Health in America 2022" Mental Health America, Alexandria VA.