

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.,¹ and adults with severe mental illness who use anti psychotics are at a higher risk.² It is advised that patients who use antipsychotics get checked for diabetes yearly.



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 doctor or mental health provider about getting a glucose test once a year.
- ▶ Maintain a healthy lifestyle:
 - Limit fat in your diet and increase fiber intake.
 - Increase your intake of fruit and vegetables.
 - Eat whole wheat breads over white breads.
 - Cut back on sugar.
 - Exercise for at least 10–15 minutes per day.

¹ [diabetes.org](https://www.diabetes.org)

² [ncqa.org](https://www.ncqa.org)