

Understanding Tardive Dyskinesia

What Is Tardive Dyskinesia (TD)?

TD is an involuntary movement disorder that is characterized by uncontrolled movements of the face, torso, limbs and fingers or toes.¹⁻⁴ The abnormal, involuntary and repetitive movements associated with TD may be rapid and jerky or slow and writhing.^{1,4,5} TD is a chronic condition that is unlikely to improve without treatment.^{2,3}

What Causes TD?

TD is associated with the use of antipsychotic medication that may be necessary to treat individuals living with mental illnesses, such as^{3,5}:

- Bipolar disorder
- Schizophrenia
- Major depressive disorder
- Schizoaffective disorder

Certain prescription medicines (metoclopramide and prochlorperazine) used to treat gastrointestinal disorders may also cause TD.^{6,7}

It is important to continue to take medications as directed, as stopping could cause further issues. Do not stop taking your medications without speaking to a healthcare provider.

How Does TD Affect Everyday Lives?

Mental health and TD are deeply connected. TD can affect social, emotional and functional well-being, compounding the burden of mental illness.¹² Even mild TD movements can cause worry, frustration and self-consciousness.^{11,14}

According to a survey (n=150), adults with a confirmed TD diagnosis reported that*:



*The TD patient survey was conducted online in the U.S. by The Harris Poll on behalf of Neurocrine Biosciences, Inc. The survey included 150 patients with mild/moderate TD (n=112) or severe TD (n=38) aged 18 or older who have been diagnosed with TD by a healthcare provider. The survey was conducted from December 12, 2024 to December 31, 2024.

†In a survey, 36 qualified caregivers who noticed abnormal involuntary movements in the past four weeks were asked to rank the impact of caring for patients' health on caregivers' lives. Answers were based on a scale of 0 (no impact at all) to 10 (impacted as bad as you can imagine).

Could It Be TD?

Earlier recognition and treatment of TD can make a positive impact for many people who are already managing their mental illness.

Individuals experiencing involuntary movements should discuss their symptoms, current medications and treatment history with their healthcare provider. Discuss the physical, social and emotional impact uncontrolled body movements may have on your life to help your healthcare provider determine the most appropriate FDA-approved treatment.¹²

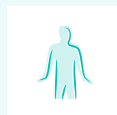
How Common Is TD?



TD is estimated to affect at least **800,000 adults in the United States**, and of those living with TD, **~60% remain undiagnosed**.^{2,8}

What Are the Risk Factors for TD?

In addition to taking antipsychotic medication, the following factors could increase the risk of developing TD:



Being older
(55 years and above)⁹



Being postmenopausal¹⁰



Having a substance use disorder^{9,11}

However, the impact of TD isn't limited to the people who have it. In one survey of 36 care partners, they noted that their loved one's TD movements had "some" or "a lot" of impact on the care partner's ability to:



be productive.†



socialize.†



take care of themselves.†

Access helpful resources, including a doctor discussion guide, at TalkAboutTD.com.



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