

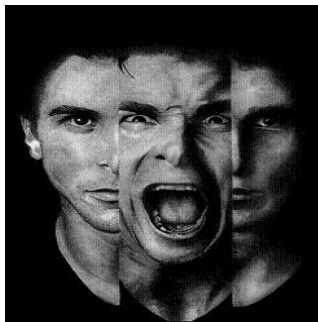
- Even if you have two parents with this disorder, your chances of developing it are less than one in two.
- Some people will have **inappropriate affect** where they will laugh continuously for no reason.
- Some people will have **flattened affect** where they will show absolutely no emotion at all.
- Drugs can help control the disorder but there is no cure.
- Some people will believe they are God or royalty, known as **personal grandeur**.
- Some will experience command hallucinations, with voices telling them to perform certain acts.

If you are Schizophrenic...

- Always take your medication regularly; do not stop even if you feel you are feeling better.
- Avoid alcohol and drugs at all times.
- Since it is hard to avoid stress, try to find ways to control it such as meditation, progressive relaxation techniques, and deep breathing.
- Do not bottle up your feelings, find someone to confide in or join a support group if there is one in your community.
- Call a doctor if your sleeping and eating patterns change. Also if your medication makes you drowsy, dizzy or nauseous.
- Call a doctor if you develop uncontrollable twitches or movements.
- Seek care immediately if you have feelings of suicide and/or homicide.

Dealing with Crisis Situations and Schizophrenics

- Dilated pupils are a symptom that a person is in a crisis. The eyes look similar to someone on drugs.
- Poor hygiene is a warning sign someone with schizophrenia is not feeling well.
- Decrease distractions-turn of T.V.'s, radios etc.
- Remain calm, speak quietly and simply.
- If it appears the individual is not listening this may be because the "other voices" are interfering.
- Do not try to reason with them, instead partnership with them. Acknowledge what they are saying and empathize with their feelings.
- Do not tell them what they are experiencing is not real.
- Do not block doorways in a threatening way.
- Do not touch the individual and avoid direct eye contact.
- Listen and repeat questions or statements when necessary using the same wording; it will make it clearer if you do not rephrase.
- Do not threaten, this may instigate or increase the chance of assaultive behavior.
- Do not bait the person into acting out wild threats; this could lead to tragic consequences.



Schizophrenia



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1-800-611-6349

What is Schizophrenia?

Schizophrenia is an enduring psychosis which involves failure to maintain integrated personality functioning, impaired reality and disturbances in thinking.

- Common features include: delusion, hallucinations, flattened or inappropriate affect and bizarre behavior.
- There are usually instances of psychotic episodes but some people may only

Who gets Schizophrenia?

- It affects about 1% of the population.
- About 0.3% of children are affected and the average age of diagnosis is 7 years old in childhood form.
- Affects men and women equally but men earlier in life than women.
- It is most likely to start in between ages 16-30.
- It is most often passed through genetics.

What causes Schizophrenia?

- Schizophrenia is caused primarily by a chemical imbalance in the brain.
- The apparent effects of schizophrenia may not appear until later in life. They can be brought on by stress, alcohol abuse, drug abuse and viruses.
- Schizophrenia is NOT caused by, childhood experiences, poor parenting, poverty, misbehavior and it is not contagious.

Types of Schizophrenia

- **Disorganized type-** poor concentration, moodiness, confusion, incoherent speech, delusions or false beliefs and inappropriate emotions.
- **Paranoid type-** delusions and/or hallucinations, anxiety, anger, argumentativeness, jealousy and occasional violence.
- **Catatonic type-** catatonic stupor, motionless resistance to all instructions, or attempts to be physically moved and rigid or bizarre behavior
- **Undifferentiated type-** sometime the major psychotic symptoms can not be classified into any category listed, or may match the criteria for more than one type of schizophrenia.
- **Residual Type-** when there is at least one recognizable episode of schizophrenia but no ongoing obvious psychotic symptoms, though less clear signs of the illness continue such as social withdrawal, eccentric behavior,

Treatment

- Medication- most are treated with one of a series of Neuroleptic medications. Finding the right one is a trial and error procedure or a combination of several may be required.
- Electroconvulsive Therapy (ECT)
- Education and Counseling
- Hospitalization with regular follow-ups
- Rehabilitation programs
- Self-help programs
- Good nutrition, sleep and exercise

Treatment Outcomes

- 25% of people with schizophrenia will recover with treatment after one episode.
- 25% will improve with treatment and become relatively independent.
- 25% will need extensive community support.
- 15% will not improve and will need hospitalization. Treatment does not improve their performances.
- Suicide is common due to the overbearing affects for some.

Suicide Statistics

- 10% of people with schizophrenia are lost to suicide.
- 70% of the suicides occur before the age of 33.
- Four out of ten people with schizophrenia will attempt suicide.

Facts

- You can not be diagnosed with schizophrenia for months even though you display all the signs.
- Auditory and visual hallucinations are common (70%).
- Some people with schizophrenia will maintain unusual, uncomfortable positions for hours, and will not speak or communicate.