Facts about Schizophrenia:

- Schizophrenia is a mental disorder characterized by disturbances in thinking, speech, and behavior.
- It affects around 1% of the population, and it is more likely to develop in men than women.
- The cause of schizophrenia is not fully understood, but it is believed to be a combination of genetic and environmental factors.
- The symptoms of schizophrenia can range from mild to severe and may include hallucinations, delusions, disorganized speech, and social withdrawal.

Prevalence of Schizophrenia:

- Schizophrenia affects approximately 1.4% of the population worldwide, with an estimated 25 million people affected globally.
- The age of onset for schizophrenia is typically between 15 and 45 years old.
- The prevalence rate is higher in males than females and is more common in individuals from lower socioeconomic backgrounds.

Effects on Society:

- Schizophrenia is a serious mental illness that can have a significant impact on an individual's ability to function in society.
- It can lead to social isolation, unemployment, and an increased risk of suicide.
- Schizophrenia also has a significant economic burden, as it can result in decreased productivity and increased healthcare costs.

What is Schizophrenia?

- Schizophrenia is a chronic and severe mental illness characterized by disturbances in thinking, behavior, and perception.
- It is a complex disorder that can be difficult to treat, but effective treatments are available.
- While there is no cure for schizophrenia, with proper treatment, many people with schizophrenia can lead fulfilling lives.

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Symptoms of Schizophrenia:

- Hallucinations
- Delusions
- Disorganized Speech
- Catatonic Postures
- Flat Affect

Characteristic Changes:

1. Personality Change:

2. Thought Disorder:

Thoughts are disjointed and illogical, often with rapid shifts from one idea to another without clear connections.

Characters may seem to have a “split personality,” where one part of the mind is aware that the other part is detached or disconnected from reality.

The individual may experience delusions, where they have firm, false beliefs that are not based on reality, such as beliefs in persecution or grandiosity.

They may show signs of disorganized speech, with rambling and incoherent thoughts, or catatonic postures, where they may show extreme withdrawal or hyperactivity.

Thoughts may be disorganized, with rapid shifts in content and lack of logical connection.

Feelings may be flat or absent, with a lack of emotional response to the environment.

Emotional expression may be inappropriate or inconsistent with the situation.
Perceptual Changes:

3) Hallucination

Visual Hallucinations

Loss of Sense of Self:

1)
Causes of Schizophrenia

Biochemistry:

Serotonin and Dopamine levels are lower in patients with schizophrenia compared to healthy individuals. These neurotransmitters play a significant role in mood and behavior. Reduced levels of these substances may contribute to the symptoms of the illness.

Cerebral Blood Flow:

Using Positron Emission Tomography (PET Scan) and Functional MRI (fMRI), researchers have identified differences in cerebral blood flow between individuals with schizophrenia and healthy controls. Regions such as the frontal lobes show altered blood flow patterns, possibly indicating changes in neural activity.

Molecular Biology:

Studies have shown that certain genes are associated with an increased risk of schizophrenia. These genetic variations may alter the expression of proteins involved in brain development and function, potentially leading to the symptoms of the disorder.

Genetic Predisposition:

Family history is a strong indicator of schizophrenia. If a close relative has the disorder, an individual's risk increases. Twin studies also suggest a genetic component. However, environmental factors play a role, and it is likely that both genetic and environmental factors contribute to the development of schizophrenia.
Drug Abuse:  

Nutritional Theories:  

Medication Update  

Standard Antipsychotic:
Side Effects (EPS) 

- Akinesia
- Tardive Dyskinesia
- Akathisia

Extra pyramidal symptoms

Atypical Antipsychotics:

1. Risperdal (Risperidone)
2. Clozaril (Clozapine)
3. Zyprexa (Olanzapine)
4. Seraquel (Quetiapine)

Risperdal:

Risperidone is another atypical antipsychotic which is used for treatment of various psychiatric disorders.

Clozaril:

Clozapine is an atypical antipsychotic that is used in the treatment of schizophrenia and other psychiatric disorders.

Note: The text is in Urdu and provides information about side effects and atypical antipsychotics.
Zyprexa:

Seraquel:

New Antipsychotics:

Learn to Recognize Symptoms:

- Lack of interest in daily activities
- Changes in appetite and weight
- Irritability and agitation
- Difficulty sleeping or excessive sleep
- Fatigue and weakness
- Poor concentration and memory
- Worsening of existing mental disorders
Get Proper Medical Help:

- Consult a qualified doctor or health professional.
- Do not self-diagnose or self-treat.
- Seek medical assistance immediately if symptoms worsen.

WARNING:
- Do not delay seeking medical help.
- Immediate medical attention is crucial.

Key Points:

1. **Amar Churan Churan**:
   - Use in children under 6 months.
   - Consult a doctor if symptoms persist.

2. **Mint Tablets**:
   - Suitable for digestive issues.
   - Take with meals for better absorption.

3. **Antacid Tablets**:
   - Effective for acid reflux.
   - Do not exceed recommended dosage.

4. **Omeprazole**:
   - Strong anti-acid medication.
   - Take on an empty stomach.

5. **Folic Acid**:
   - Essential for pregnant women.
   - Take as prescribed by a doctor.

6. **Multivitamins**:
   - Recommended for general health.
   - Consult a doctor for specific needs.

7. **Probiotics**:
   - Beneficial for digestive health.
   - Take as directed on the label.

8. **Thermometer**:
   - Use for fever monitoring.
   - Check regularly for accurate readings.

9. **Antibiotics**:
   - Prescribed for bacterial infections.
   - Take as instructed by a doctor.

10. **Blood Pressure Monitor**:
    - Essential for hypertension.
    - Regular checks help manage condition.

11. **Estradiol Gel**:
    - For hormone replacement therapy.
    - Follow dosage instructions closely.

12. **Emergency Kit**:
    - Includes essential medical supplies.
    - Keep accessible in case of emergency.

13. **Sunscreen**:
    - Protects skin from UV damage.
    - Use a broad-spectrum sunscreen.

14. **Diuretics**:
    - Used for fluid retention.
    - Monitor fluid intake with the doctor.

15. **Omega-3 Fatty Acids**:
    - Supports heart health.
    - Consult a doctor for dosage guidance.

16. **Blood Glucose Meter**:
    - For diabetes management.
    - Regular monitoring is crucial.

17. **Insulin**:
    - For diabetes treatment.
    - Manage dosage carefully.

18. **Blood Work**:
    - Important for health assessment.
    - Results provide insight into overall health.

19. **Antihistamines**:
    - Useful for allergy relief.
    - Consult a doctor for appropriate use.

20. **Blood Pressure Medications**:
    - Essential for hypertension.
    - Follow prescription for effective treatment.

21. **Antireflux Medications**:
    - Effective for reflux control.
    - Take as prescribed by a doctor.

22. **Antacids**:
    - Useful for acid reflux.
    - Take as needed for relief.

23. **Nonsteroidal Anti-Inflammatory Drugs (NSAIDs)**:
    - For pain and inflammation.
    - Follow dosage recommendations.

24. **Folic Acid Tablets**:
    - Essential for folate deficiency.
    - Take as prescribed by a doctor.

25. **Antiviral Medications**:
    - For viral infections.
    - Take as instructed by a doctor.

26. **Insulin Injection Sites**:
    - Critical for proper insulin absorption.
    - Rotate injection sites for effectiveness.

27. **Blood Glucose Testing strips**:
    - Necessary for diabetes management.
    - Ensure strips are within valid date range.

28. **Blood Pressure Cuffs**:
    - Important for accurate readings.
    - Adjust cuff size according to arm size.

29. **Blood Glucose Meters**:
    - Essential for diabetes management.
    - Ensure meter is calibrated regularly.

30. **Blood Pressure Monitors**:
    - Measure blood pressure accurately.
    - Follow manufacturer guidelines for use.
Making The Most of Treatment:

- Avoidance and distancing from triggers.
- Engaging in activities that promote a healthy lifestyle.
- Seeking support from friends, family, or support groups.
- Practicing stress management techniques.

Signs of Relapse:

- Changes in mood or behavior.
- Increased use of substances.
- Difficulty coping with stress.
- Isolation from friends and family.

Managing From Day To Day:

- Maintain a positive attitude.
- Establish a routine for medication and self-care.
- Stay connected with support groups or therapists.
- Practice mindfulness and relaxation techniques.
ملین کے سطح سے دیکھتے ہیں کہ میں اپنے ہاتھوں کو چھپا کر لیا ہے۔ میں اپنے ہاتھوں کو نہ نظر کرتا ہوں۔ میں اپنے ہاتھوں کو نہ نظر کرتا ہوں۔

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Look After Yourself And Other Family Members

- Make sure you eat healthy food and get enough sleep.
- Try to manage your stress levels.
- Keep up with your check-ups and any prescribed medication.
- Be patient and understanding.
- Seek support from others who are going through the same thing.
- Take care of your mental health.

BC Schizophrenia Society

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