What You Should Know About “EPS & Tardive Dyskinesia”

Extrapyramidal syndrome or EPS is a condition that causes involuntary muscle movements or spasms that usually occur in the face and neck. It may happen as a result of a head injury or Parkinson's disease, but the primary cause is usually an adverse reaction to antipsychotic drugs. It can happen in a matter of minutes or even hours later.

Some signs that you might be experiencing EPS are:
- Restlessness
- Sudden and painful muscle stiffness
- Tremors
- Slowing down of all body muscles

Tardive Dyskinesia or TD, is one of the muscular side effects of antipsychotic drugs, especially the older ones like haloperidol. TD does not occur until after many months or years of taking antipsychotic drugs.

The risk factors that increase the chances of developing TD are a) duration of exposure to antipsychotics (especially the older generation), b) older age, c) post-menopausal females, d) alcoholism and substance abuse, e) mental retardation and f) experiencing a lot of EPS in the acute stage of antipsychotic therapy.

The percentage of patients who develop severe or irreversible TD is quite low as a proportion of those receiving long-term antipsychotic therapy.

Call your prescriber if you think are having a dystonic reaction or have questions about TD. **Do not wait if you feel really bad or if you are getting worse.** Be sure to tell them about all of the medicines you are taking. This can help your prescriber figure out if you are having EPS/TD.

My medication(s) include:

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