TARDIVE DYSKINESIA

Recognize the signs. Talk with your healthcare provider. Learn about treatment.

Tardive dyskinesia (TD) is a movement disorder that can develop after long-term use of certain medicines that affect dopamine, including antipsychotic medications. Both older and newer antipsychotic medicines may be associated with TD. Not everyone who takes these medicines will develop it.

WHAT SIGNS SHOULD I LOOK FOR?

TD causes movements a person cannot easily control. Symptoms may be mild or severe and can affect the face, mouth, arms, legs, or body.

FACE AND MOUTH

- Lip smacking or puckering
- Tongue or repeated chewing movements
- Grimacing or rapid blinking
- Jaw, cheek, or mouth movements

ARMS, LEGS AND BODY

- Repeated arm or leg movements
- Finger movements
- Rocking or swaying
- Shoulder, hip, or trunk movements

OTHER POSSIBLE SIGNS

- Changes in breathing
- Unusual sounds or vocalizations
- Difficulty swallowing
- Difficulty speaking

HOW IS TD IDENTIFIED AND MONITORED?

Tell a healthcare provider if you or someone you care for notices new or unusual movements. Family members and caregivers can help by noticing changes and sharing concerns.

A healthcare provider may review medical and medication history, observe movements, and use a standardized assessment. Two commonly used tools are:

AIMS

The **Abnormal Involuntary Movement Scale** is commonly used to check for and monitor involuntary movements.

DISCUS

The **Dyskinesia Identification System**: Condensed User Scale helps measure and track the presence and severity of abnormal movements.

People at higher risk may need an assessment at least every 6 months; others may need one at least once a year. Your healthcare provider can recommend the right schedule.

CAN TD BE TREATED?

Yes. Early recognition and regular monitoring can help people get care sooner. Two medicines approved by the U.S. Food and Drug Administration (FDA) specifically to treat TD are:

- ✓ **Valbenazine (Ingrezza)**
- ✓ **Deutetrabenazine (Austedo or Austedo XR)**

Talk with your prescriber about symptoms and treatment options. Do not stop or change a prescribed medicine on your own.

SUPPORT AND INFORMATION

NAMI New Jersey
Peer support and family resources
866-626-4664
helpline@naminj.org
naminj.org

National Organization for Tardive Dyskinesia
Virtual support groups and education
info@TDhelp.org
tdhelp.org

Parkinson & Movement Disorder Alliance
Education and resources for people and caregivers
pmdalliance.org

State of New Jersey | NEW JERSEY HUMAN SERVICES DMHAS Division of Mental Health and Addiction Services — New Jersey Human Services