

## *If you are taking any of the following medications...*

Clozapine (Clozaril, Fazaclo)  
Risperidone (Risperdal)  
Olanzapine (Zyprexa)  
Quetiapine (Seroquel)

Ziprasidone (Geodon)  
Aripiprazole (Abilify)  
Paliperidone (Invega)

### ***There are benefits and potential side effects***

The newer antipsychotic medications are very effective in managing symptoms and improving functioning. There are certain side effects which, if experienced, may impact your overall health.

- Weight gain
- High blood sugar
- High cholesterol

To assist your provider in staying on top of all side effects from your medication, your participation is very important. We will need to:

- Regularly weigh you
- Check your blood pressure
- Check waist circumference
- Do occasional blood tests



### **Strategies for Healthy Living**

- If you smoke, use drugs or drink alcohol, be sure to consider whether you need to abstain or cut down.
- Even small amounts of weight loss help. Decreasing intake of calories and increasing exercise is the key.
- See your provider to monitor your physical health.
- It is important to consistently take your prescribed medications and **BE SURE TO ASK ANY AND ALL QUESTIONS OF YOUR NURSE, DOCTOR and PHARMACIST.** *We are here for you!*