

TARDIVE DYSKINESIA & VITAMIN E

Although this may appear redundant in describing ways to deal with Tardive Dyskinesia Vitamin E has been one treatment that keeps coming up. A Cochrane review of Vitamin E for treatment of Neuroleptic-induced Tardive Dyskinesia found that “ Small trials with uncertain quality of randomization indicate that Vitamin E protects against deterioration caused by TD. There is no evidence that Vitamin E improves the symptoms of TD. It also said that current evidence is that if you are on an antipsychotic medication Vitamin E might stop you from developing TD or keep TD from getting worse. It won't make it get better. We must remember taking Vitamin E supplements can increase mortality.

For more information on the Cochrane reviews look at this website.

[www3.interscience.wiley.com/cgi-bin/mrwhome.106568753/HOME?](http://www3.interscience.wiley.com/cgi-bin/mrwhome/106568753/HOME?)

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A Personal Story of Tardive Dyskinesia

I was happy as a clam until my early twenties. Suddenly I could not sleep for days and became manic. Although I went to several psychiatrists they could not identify my problems. A nurse at St. Vincents gave me a card to see a doctor at South Hill Team. I was given medication to balance my mood swings. For me the lack of sleep unbalanced my moods. I can go from being a quiet person and depressed to being aggressive or too high. Sometimes I have very

quick low and high moods. Also sometimes I have long periods of one or the other.

After being diagnosed with a Bipolar disorder I started to take a drug that induced a late-developing disorder of the nervous system. This can be characterized by involuntary movements of the eyelids, jaws, lips, tongue, neck and fingers.

It happens after long term use with the more potent drugs used in the management of mental illness. This disorder is known as Tardive Dyskinesia. There is no cure available. There is no way of identifying before hand who may develop this reaction and there is no prevention.

K.S.

