



NEWSLETTER



Mental Health is Health



Tardive Dyskinesia and You

Tardive dyskinesia (TD) is a neurological disorder characterized by involuntary, repetitive movements, often affecting the face, tongue, and limbs. It typically develops after long-term use of dopamine receptor-blocking medications, especially antipsychotics used to treat schizophrenia and other psychiatric conditions. Symptoms may include grimacing, lip smacking, tongue thrusting, and rapid eye blinking. TD can be persistent and sometimes irreversible. Risk factors include older age, female sex, and duration of antipsychotic use. Early detection and medication adjustment can help manage symptoms. Newer treatments, like VMAT2 inhibitors (e.g., valbenazine), can reduce symptoms and improve quality of life. Talk therapy doesn't treat the physical symptoms directly but supports emotional well-being, helping patients cope with stigma, frustration, and anxiety. It can improve quality of life and aid in managing coexisting mental health conditions. If you think you may be suffering with symptoms of TD, talk to your doctor and then give us a call. We can help!



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Men's Health Month, observed every June, raises awareness of preventable health issues and encourages early detection and treatment of diseases affecting men. It promotes healthy lifestyles, regular checkups, and screenings for conditions like heart disease, prostate cancer, and diabetes. Community events and campaigns support men's overall well-being.



Post-Traumatic Stress Disorder (PTSD) is a mental health condition triggered by experiencing or witnessing a traumatic event. Symptoms include flashbacks, nightmares, severe anxiety, and emotional numbness. It can affect anyone and may develop shortly after trauma or years later. Treatment includes therapy, medication, and support systems.

Did You Know?

- June is Pride Month 
- June is Men's Health Month
- June is National PTSD Awareness Month
- June 15th is Father's Day 
- June 19th is Juneteenth
- June 20th is First Day of Summer 

Fun Fact:

The first Father's Day was celebrated on June 19, 1910, in Spokane, Washington. It was organized by Sonora Smart Dodd to honor her father, a Civil War veteran who raised six children as a single parent. Father's Day became a national holiday in the United States in 1972.



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