

What is

Schizophrenia?

RECOGNIZING SCHIZOPHRENIA SYMPTOMS:



1. **Hallucinations:** Hearing voices or seeing things not there.



2. **Delusions:** Believing things that are not true (paranoia).



3. **Confused Thoughts:** Trouble formulating cohesive ideas.



4. **Social Withdrawal and Apathy.**

Must Know Facts:



DEFINITION: Schizophrenia is a chronic brain disorder that affects how a person thinks, feels, and behaves. Malnutrition during the second and third trimester of pregnancy can increase the chances of developing schizophrenia later in life. Cognitive abilities like memory and attention are often impaired.

CAUSES OF SCHIZOPHRENIA:



Brain Chemistry: Neurotransmitter problems, like with dopamine.

- **Genetic Factors:** Individuals with a first-degree relative living with schizophrenia have a 10% chance of developing the disorder themselves.
- **Substance Abuse:** Use of illicit substances like LSD and marijuana may increase your risk.
- **Trauma and Adverse Early Experiences.**



SCHIZOPHRENIA TREATMENT



• **Medication:** Antipsychotic medication to alleviate hallucinations and delusions.



• **Therapy:** Psychotherapy to help discern reality.



• **Exercise:** Activities like swimming, walking, and cycling for attention, cognition, and memory.

