



HEALTH PLAN

Diabetes (High Blood Sugar) Screening for People with Schizophrenia or Bipolar Disorder who use Psychiatric Medications

Diabetes is common among people with some behavioral health illnesses like schizophrenia or bipolar disorder. Some psychiatric medications people take for these illnesses increase the chance of developing type 2 diabetes or insulin resistance (the body can't use insulin properly and sugar builds up in the blood). It is important that you tell your doctor you take these kind of medications. Your doctor should test your blood sugar on a regular basis for diabetes.

Not everyone taking psychiatric medications will develop diabetes. Instead, people who use certain medications are at increased risk. The weight gain caused by many psychiatric medications is one reason why people who take them are at greater risk for diabetes. Not getting enough exercise is another reason. You can lower your risks by watching your weight and exercising. If you take these kinds of medications, diabetes screening is important for you. Please talk to your doctor.