

Diabetes Psychiatric Medications

Diabetes is common among people with some mental health illnesses like schizophrenia, schizoaffective disorder, or bipolar disorder. Some psychiatric medications people take for these illnesses increase the chance of developing type 2 diabetes or insulin resistance (the body cannot use insulin properly and sugar builds up in the blood). It is important that you tell your doctor you take these medications. Your doctor should test your blood sugar regularly to find out if you have diabetes.

Not everyone who takes psychiatric medications will develop diabetes. People who take certain medications are at increased risk of developing diabetes. Weight gain is caused by some psychiatric medications. This is one reason why people who take them are at risk for developing 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, please talk with your doctor about testing for diabetes.

