

TALK ABOUT TD<sup>®</sup>

# DO YOU HAVE BODY MOVEMENTS YOU CAN'T CONTROL?

LEARN WHAT CAUSES TARDIVE DYSKINESIA (TD),  
WHAT IT LOOKS LIKE, AND HOW IT'S TREATED



Actor portrayals

If you've taken certain mental health medicines (antipsychotics) and experience mild to severe uncontrollable body movements, it could be tardive dyskinesia (TD).

**Diagnosis and treatment by a healthcare provider may make a real difference in your TD.**



Shelly and Matt were compensated by Neurocrine Biosciences, Inc. to share their story

After Shelly finally found a bipolar medicine that made her feel stable and productive, she started experiencing uncontrollable body movements. Her healthcare provider diagnosed her with TD.

*“My husband and I noticed the symptoms, but we didn't realize that these ‘tic-like’ movements were related to any kind of neurological condition.”*

**Shelly** | LIVING WITH BIPOLAR DISORDER AND TARDIVE DYSKINESIA

**Use this brochure to learn how and why TD affects some people, and to start a conversation with a healthcare provider.**



Actor portrayal

**Even mild uncontrollable body movements from TD could have emotional and social consequences. These movements can cause worry, frustration, and self-consciousness.**

**If you've experienced mild, moderate, or severe uncontrollable movements, don't wait—start a conversation with your healthcare provider today.**

Results based on a survey of 397 people diagnosed with TD (n=173) or suspected of TD (n=224) who were asked, “Tardive dyskinesia may impact you in many different ways. To what extent has tardive dyskinesia impacted you in each of the following areas?” Answers ranged on a scale of 1 (not impacted at all) to 7 (extremely impacted).

**Take the first step. Start a conversation.**

Find psychiatrists, neurologists, and other healthcare providers experienced with diagnosing and treating TD. Talk about your uncontrollable body movements with them and learn about treatments that could make a real difference in your TD.

**Find a specialist near you at [TalkAboutTD.com/FindASpecialist](https://www.talkabouttd.com/FindASpecialist)**

## WHAT CAUSES TD?

Taking certain medicines (antipsychotics) to treat conditions like depression, bipolar disorder, schizoaffective disorder, or anxiety disorder is thought to cause too much dopamine activity in the brain.

**Don't stop or change your medicines without talking to your healthcare provider.**



## WHAT DOES TD LOOK LIKE?

Mild, moderate, or severe TD movements can occur in one or more spots in the body. They are often seen in the face, torso, limbs, and fingers or toes.



### EYES

Excessive blinking & squinting



### JAW

Repeated biting; clenching; side-to-side movements



### LIPS

Puckering; pouting; smacking



### TONGUE

Sticking out; darting; pushing inside of cheek



### UPPER LIMBS

Swaying; jerking movements



### TORSO

Shifting; rocking motion; leaning back



### HANDS

Twisting; finger dancing



### LOWER LIMBS

Separated or stretching toes; gripping feet; ankle twisting

Actor portrayals

To see TD videos and learn more about uncontrollable body movements, visit [TalkAboutTD.com/WatchMovements](https://TalkAboutTD.com/WatchMovements)



## HOW IS TD TREATED?

If you or someone you know is diagnosed with TD, it's important to know that treatment options are available.

A recommended way to treat TD is with a type of prescription medication known as a VMAT2 inhibitor. VMAT2 inhibitors can be taken once or twice a day depending on which treatment your healthcare provider prescribes. These medicines are thought to reduce extra dopamine signaling.

Actor portrayal



Kathie was compensated by Neurocrine Biosciences, Inc. to share her story

Her depression medicine helped her feel better than before. Then Kathie struggled in silence with uncontrollable TD movements. She started a conversation with her healthcare provider.

**Talking to your healthcare provider is the first step toward helping you manage your TD.**

*“That’s really the most important thing, is to have a good rapport with your doctors.”*

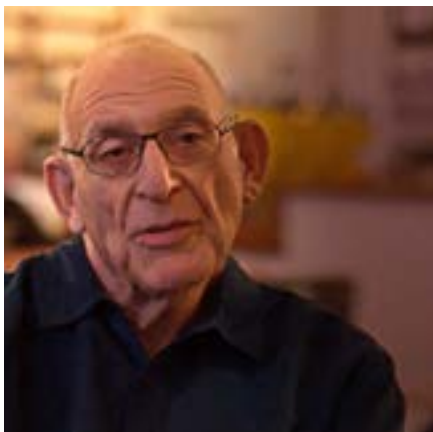
**Kathie** | LIVING WITH DEPRESSION AND TARDIVE DYSKINESIA

Learn more about treating TD at [TalkAboutTD.com/Treatments](https://TalkAboutTD.com/Treatments)

Use the questionnaire on the back cover of this brochure to jot down talking points you can share with your healthcare provider.

While your primary care physician might be the healthcare provider you're used to seeing, they may refer you to a psychiatrist, neurologist, or other advanced-practice healthcare provider who has more experience diagnosing and treating TD.

To learn more, visit [TalkAboutTD.com/FindASpecialist](https://TalkAboutTD.com/FindASpecialist)



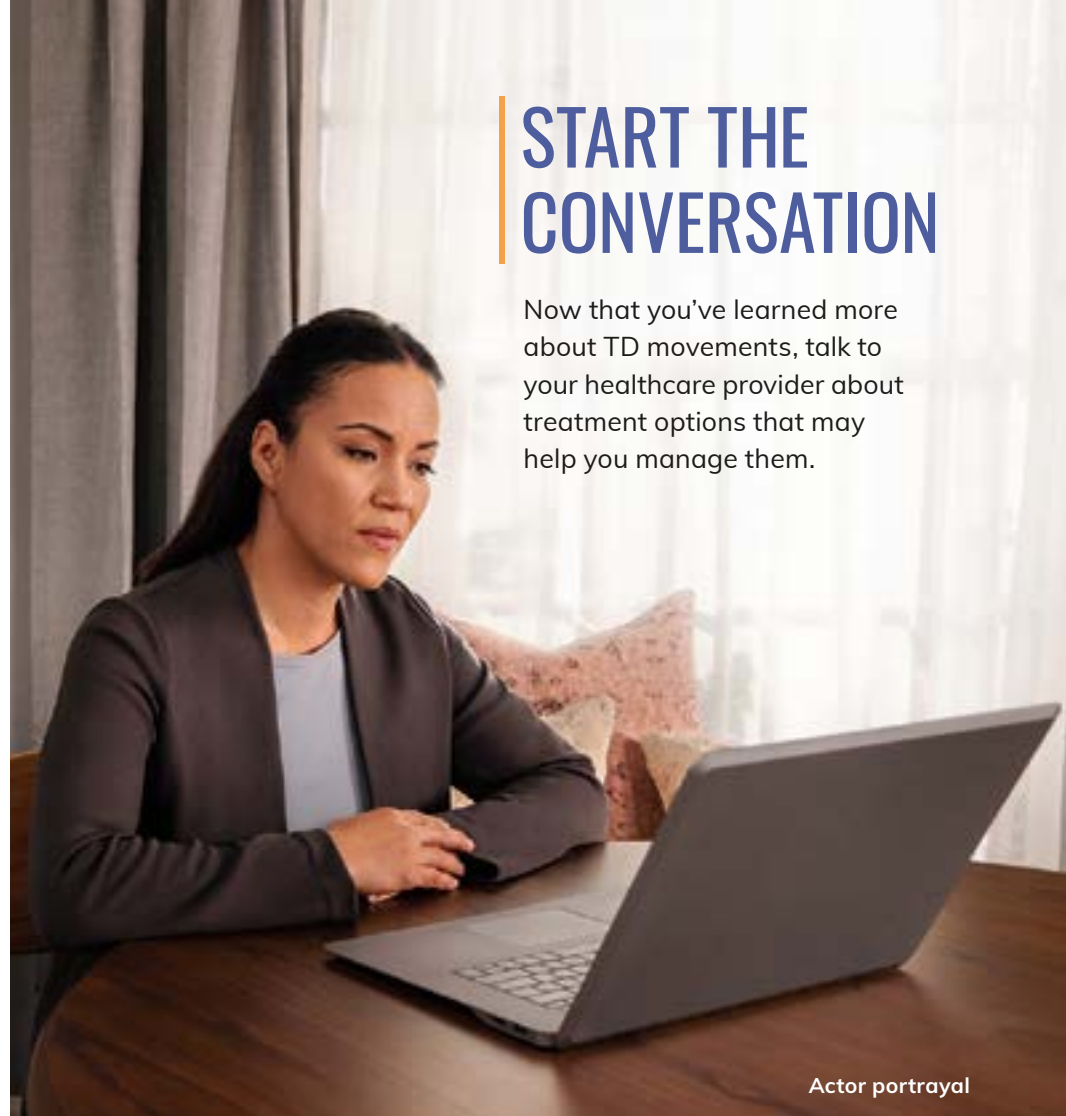
As Jeff progressed with his schizophrenia medicine, he discovered that his uncontrollable body movements became persistent, which began to affect his day-to-day activities.

Jeff was compensated by Neurocrine Biosciences, Inc. to share his story

*“When people see me grimacing, they come to the conclusion that there’s something wrong with me.”*

**Jeff** | LIVING WITH SCHIZOPHRENIA  
AND TARDIVE DYSKINESIA

**TD is not a side effect. It’s a real, chronic condition that could impact your daily life.**



## START THE CONVERSATION

Now that you’ve learned more about TD movements, talk to your healthcare provider about treatment options that may help you manage them.

Actor portrayal

To discover more stories about people’s long-term experiences with TD, visit [TalkAboutTD.com/TDstories](https://TalkAboutTD.com/TDstories)

**Imagine life with fewer uncontrollable body movements from TD.**

**Don’t wait. See the next page to learn how to start the conversation.**









**TALK ABOUT TD<sup>®</sup>**

Actor portrayals

## TALKING POINTS FOR YOUR APPOINTMENT

You can use the discussion points below to help guide a conversation about uncontrollable body movements with your healthcare provider at your next in-person, phone, or online appointment.

-  The location of your uncontrollable body movements
-  When your uncontrollable body movements started and how frequently they occur
-  If others have noticed your uncontrollable body movements
-  The impact of these uncontrollable body movements on your daily routine
-  How these uncontrollable body movements affect your thoughts and feelings
-  How these uncontrollable body movements affect your relationships with others

**For more talking points that can help you  
prep for your next appointment, download  
the Doctor Discussion Guide at  
[TalkAboutTD.com/Guide](https://TalkAboutTD.com/Guide)**