



Diabetes prevention for individuals taking *behavioral health medications*

Diabetes is common among people in mental health recovery. Taking specific medications may increase your risk of developing a metabolic disorder or diabetes over time. Psychiatric medications do not cause type 1 diabetes, but some psychiatric medications increase the chance of developing type 2 diabetes or insulin resistance (which is when the body can't use insulin properly and sugar builds up in the blood). If identified early the symptoms may be reversed.

What can I do?

- ◆ Visit your primary care provider (PCP) annually
- ◆ Get an annual blood test to check your blood sugar levels

Which medications may increase my risk?

Aripiprazole (Abilify)	Loxapine (Loxitane)	Risperidone (Risperdal)
Asenapine (Saphris)	Lurisdone (Latuda)	Prochlorperazine
Chlorpromazine (Thorazine)	Molindone (Moban)	(Compazine/ Compro/
Clozapine (Clozaril)	Olanzapine (Zyprexa)	Prochlorperazine Edisylate/
Fluoxetine-olanzapine	Paliperidone (Invega)	Prochlorperazine Maleate)
(Symbyax)	Perphenazine (Trilafon)	Thioridazine (Mellaril)
Fluphenazine	Perphenazine-amitriptyline	Trifluoperazine (Stelazine)
(Permitil/Prolixin)	(Etrafon)	Thiothixene (Navane)
Haloperidol (Haldol)	Pimozide (Orap)	Ziprasidone (Geodon)
Iloperidone (Fanapt)	Quetiapine (Seroquel)	

We encourage you to take this guide to your health care providers and discuss what is best for you.

◆ Optimize access across your behavioral health ecosystem

Lucet is the leading behavioral health optimization company. We believe that people deserve a more direct path to better mental health. We have a needs-based implementation approach, which enables us to focus on value added services and technologies within your existing operations.

Let's optimize behavioral health access, together.

Contact us to learn more.

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