



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

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

◆ Let's connect you to mental health care, today.

Lucet's team of behavioral health professionals are here to help you navigate your mental health journey with confidence. Whether you are looking for immediate care or do not know where to start, we will guide you through every step.



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