



function better

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Living with
Schizophrenia



Supporting you to



Millions of people live with schizophrenia

Schizophrenia is a mental disorder that affects people regardless of race, culture, social class or gender. The disease often starts in the teenage years or the twenties. While there is no cure, modern treatment - including medication - allows many patients to lead a fulfilled and active life.

Affects brain communication

The brain is home to billions of nerve cells. Each nerve cell transmits and receives messages from other nerve cells. When schizophrenia

afflicts the brain, the communication between these nerve cells goes wrong. This often affects the ability to think clearly, make decisions and distinguish real life from fantasy. Furthermore schizophrenia can make it a challenge to function socially and to manage routine activities.

Despite the fact that schizophrenia affects 1 in every 100 people, it is not well understood. As an example, there is a misconception that patients with schizophrenia are dangerous, despite the fact that only a few show signs of aggressive behaviour.

A disease with a variety of different symptoms

Schizophrenia affects patients differently. Some will experience many symptoms, and others only a few. Some of the symptoms will be strong and disabling, others more discrete.

Patients may experience symptoms, which include hearing voices, unclear thinking, or taking no pleasure and interest in life.

Some of the most common symptoms are:

- **Hallucinations** – mainly hearing voices or thoughts, sometimes seeing things that are not there
- **Delusions** – often a belief of being watched, spied upon or plotted against, but sometimes bizarre thoughts, even of imminent disaster
- **Thought disorder** – problems with connecting thoughts into logical sequences, sometimes leading to incoherent speech

- **Altered sense of self** – blurring the patient's feeling of who he/she is
- **Apathy** - lack of motivation, energy or interest in life
- **Blunted feelings** – able to feel emotions but unable to express them
- **Social withdrawal** – lack of resources needed to show interest in socializing
- **Depression** – feeling helpless and hopeless
- Reduced flow of speech, poverty of speech
- Reduced capacity to plan, initiate and/or persist in goal-directed activities

Your doctor may refer to this as positive, negative or cognitive symptoms.

Schizophrenia can be treated

Despite an ongoing intense research within schizophrenia a cure is still to be found. But today it is possible to treat the disease and help patients towards a more normal life. Antipsychotic medicines are thought to work by supporting the brain communication and can often help patients reduce their hallucinations, delusions and depression.

Like the greater part of medication antipsychotics may bother the patient with side effects. Almost every antipsychotic medication has a sedative effect and thereby decreases the patient's level of energy. This tends to reduce the ability work, travel and be socially engaged.

Facts about Serdolect

This section answers questions that are frequently asked about Serdolect. The information given is intended only as a supplement to the advice your doctor provides. If there is anything you don't understand about your treatment, or if you want to know more about Serdolect, your doctor is the person to talk to.

What is Serdolect?

Serdolect is a new and effective long-term treatment for schizophrenia, which does not cause sedation and movement disorders or change your libido.

Serdolect is effective in helping to minimize the emotional and social withdrawal symptoms of schizophrenia, which often pose the greatest obstacle to getting back to a life nearer normal.

How and when to take Serdolect?

You only need to take a single dose once daily with or without food as you prefer. Swallow the tablet(s) with a glass of water.

The benefits you should feel from taking Serdolect include:

- Improved understanding of what is real and what is not
- Feeling similar to other people
- Feeling less lonely and removed from others
- Feeling more hopeful and happy
- Making it easier to think and express yourself more clearly

Serdolect doesn't always suit everyone, so it's important to talk about how you experience Serdolect with your doctor.

What if I miss a dose of Serdolect?

- It is important that you don't stop or make changes to your treatment, without first consulting your doctor.
- If you miss a dose, it is safe to return to your usual dose schedule as long as 7 days have not passed since your last dose.
 - Never take a double dose to make up for the one you missed.

What are the possible side effects of Serdolect?

All individuals experience side effects differently, so they can vary considerably from person to person. It cannot be known in advance which, if any, of the following possible side effects you may experience with Serdolect:

- Nasal congestion
- Decreased ejaculatory volume
- Dry mouth
- Dizziness or dizziness when standing up
- Minor weight gain
- Swelling of hands and feet
- Shortness of breath
- Itching or burning skin sensation
- Change of heart rhythm

If you have any questions about side effects, or develop any side effects that concern you, please talk to your doctor.

What is the purpose of ECG monitoring?

Before and during treatment with Serdolect, a check on your heart rhythm (called ECG monitoring) is carried out. This is done to ensure that the treatment is suitable for you, because Serdolect may cause a small change in heart rhythm. Your doctor uses ECG monitoring at intervals during treatment to check that Serdolect remains suitable for you.

How to keep your Serdolect tablets?

Always keep your medicine out of reach and sight of children. Keep the tablets in the original box or container to protect the tablets from light.

Talk to your doctor

There are some medicines you should avoid, when you are taking Serdolect, including medicines obtained without a prescription. Make sure your doctor knows about any medicine you take, as this will enable your doctor to optimize your treatment.

Any cases of dizziness, fainting or irregular heartbeat should be reported to your doctor immediately as they could be signs of change in heart rhythm. Additional information can be found in the patient information leaflet.

