

Tardive Dyskinesia

Tardive dyskinesia (TD) refers to a wide variety of involuntary, repetitive, persistent, slow movements caused by the use of drugs that block dopamine receptors (e.g. antipsychotics). TD typically affects the face (around the eyes and lips), tongue, fingers and toes. It causes these small muscles to make slow, writhing, involuntary movements. The risk of TD is very low with antipsychotics but this risk increases the longer they are taken. TD may improve with removal of the antipsychotic but may not go away entirely.

Treatments which may help Tardive Dyskinesia

Many treatments have been tried for TD, and most have not worked. In the past few years a number of small studies have found potential benefits with a variety of medicines and vitamins. TD is caused by harmful effects of antipsychotics on dopamine neurons, and most of these treatments are known to protect brain cells or restore functioning to dopamine neurons.

Each of these treatments has at least one placebo-controlled study showing benefit for TD:

Over the counter treatments:

- Vitamin E, 1200 IU daily
- Vitamin B6, 1200mg daily
- A branched-chain amino acid drink containing valine, isoleucine, and leucine at a dose of 222 mg/kg taken three times daily (these are called BCAAs and found at health-food/vitamin web sites; one brand is called Tarvil)
- Ginkgo Extract: A specific extract of the ginkgo plant, egb 761, may help at 80mg 3x/day. egb 761 is made by Schwabe Pharmaceuticals (product is called Tebonin). It is available on Amazon (search for "Tebonin") or through:
<http://www.schwabepharma.com/international/products/tebonin/index.php>
A source for purchasing it is as:
<http://www.pharmahealth.co.nz/>
<http://www.netpharmacy.co.nz/tebonin-egb-761-ginkgo-biloba-extract-30-tablets>
There may be other sources available; you can search the web or talk to a pharmacist

Medications

- Deutetrabenazine (Austedo)
- Valbenazine (Ingrezza)
- Keppra (Levetiracetam)
- Amantadine
- Piracetam

Further Reading: www.wemove.org (click "Tardive Dyskinesia")

–Updated 7/22/2022 by Chris Aiken, MD