

# Schizophrenia

## A neurobiochemical brain illness



*"To the people of Canada, I say welcome us into society as full partners. We are not to be feared or pitied. Remember, we are your mothers and fathers, sisters and brothers, your friends, co-workers and children. Join hands with us and travel together with us on our road to recovery." - Roy Muise*

## WHAT ARE THE OBJECTIVES OF THE MANITOBA SCHIZOPHRENIA SOCIETY?

- Offer support and guidance to anyone living with the impacts of schizophrenia and also co-occurring substance use/abuse.
- Restore self confidence and overcome the stigma, discrimination and misconceptions surrounding this biochemical mental illness.
- Increase awareness and understanding about schizophrenia.
- Advocate for a recovery focused mental health system.
- Promote research into the causes and treatment of schizophrenia, and its ultimate care.
- Raise the necessary funds for all these activities so as to support those living with Schizophrenia and their families.

A wide variety of activities and programs are undertaken by the Society in pursuit of these goals.



## MANITOBA SCHIZOPHRENIA SOCIETY FUND RAISING INITIATIVES

### Journey of Hope Walk for Schizophrenia

Since its initiation in Britain in 1988, this event has expanded into an annual international affair with "Walks" taking place in several countries including Canada. Here in Manitoba, the "Walk" has become a major fund-raising project in the Society's regular public awareness activities.

### Iris Gala Evening

This successful event replaces the Emerald Ball which was launched in 1990. The Iris Gala is another important public awareness initiative in the cause of schizophrenia, as well as being a major fundraiser.

### Golf for Schizophrenia

Launched in 1992, Golf for Schizophrenia was the first awareness event of its kind in a sport setting. Golf for Schizophrenia is now firmly established as one of Winnipeg's premiere charity events.



## Regional Services

### Central

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### Norman North

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### Norman South

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### Parklands

112 6th Ave. NE  
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### Selkirk Mental Health Centre

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### Burntwood

43 Fox Bay  
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Email: selfhelp@cmhathompson.ca

## 1-800-263-5545

Promoting the improvement of quality of life for those living with schizophrenia through recovery focused support services.



MANITOBA SCHIZOPHRENIA SOCIETY  
A REASON TO HOPE THE MEANS TO COPE.

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## MANITOBA SCHIZOPHRENIA SOCIETY, INC.

is a consumer focused, family sensitive, mental health self help organization. It is dedicated to the improvement of quality of life for all those who are affected by schizophrenia and co-occurring disorders, through education, peer support and advocacy by working in partnership with consumers, families and service providers.

## SCHIZOPHRENIA FACTS

- More hospital beds are occupied by people with schizophrenia than any other illness.
- Over 55% of those with schizophrenia will at some point have a co-occurring disorder of alcohol and/or substance use/abuse.
- Fewer than half of those with schizophrenia - one of the most disabling of all mental illnesses - receive adequate care.
- Approximately 20% of the prison and jail population have a treatable mental illness such as schizophrenia...
- Fully one-third of the nation's homeless persons have a treatable mental illness.
- Some 40% of people with schizophrenia will attempt suicide; 10% will die from suicide.
- Recovery is possible through a holistic model of bio-psycho-social-spiritual-recovery-empowerment oriented support and services.
- Numerous studies have found that up to 70% and more of all those who develop schizophrenia recover to the degree that they can function independently and have few or no positive symptoms by the time they reach their fifties. Fifty percent are able to function, but with persistent symptoms. Only 25% manifest poorer outcomes indefinitely.
- With the right kind of help and support, people with Schizophrenia can live a productive quality of life!

## SCHIZOPHRENIA

**NO ONE IS AT FAULT  
NO ONE IS TO BLAME  
NO ONE IS WITHOUT HOPE**

## SCHIZOPHRENIA IS TREATABLE

Early intervention has shown great promise for an improved quality of life for people with schizophrenia during an acute phase of the illness. With the development of newer atypical neuroleptic drugs, schizophrenia has become significantly more treatable. The thrust of research is to develop antipsychotic medication that is more effective in treating the symptoms of the illness with less side effects.

Active involvement and education of families and other caregivers have proven to be immensely beneficial preventing relapse. In networking with others in a similar situation, family members can utilize their experience to enable the provision of better supports and services.

## SCHIZOPHRENIA THEORIES

Research into schizophrenia is constantly in a state of flux with new developments. It is thought that the symptoms result from a biochemical imbalance. As for what causes it, so far there are only theories. Most researchers suspect the following factors may be contributing factors:

- Genetics - a predisposition is suspected in some cases.
- Viral Infections - some studies indicate that a virus-like infection may be involved during the second trimester affecting the auto-immune system.
- Birth Trauma - in other studies certain complications at birth have been correlated with later onset of schizophrenia. Research suggests that schizophrenia is a combination of several "diseases."
- Though stress does not cause schizophrenia, it can trigger onset or relapse.

*Schizophrenia Is Treatable.  
People Do Recover!*

## WHAT IS SCHIZOPHRENIA?

Schizophrenia is a complex biochemical brain illness, the cause of which is not yet known. The illness affects each person differently and can follow a varying course over time.

## WHOM DOES IT AFFECT?

Schizophrenia affects one in every 100 persons worldwide, regardless of age, sex, race or social background. That represents over 10,000 people in Manitoba alone, with impacts on an additional 30,000 people (families, etc.).

Young persons in the 16 - 30 year age group are particularly vulnerable, resulting in schizophrenia being referred to as, "Youth's Greatest Disabler". Actually, schizophrenia accounts for 70% of all diagnosis of psychosis. Over 55% will experience significant problems with alcohol and substance use/abuse, known also as co-occurring disorder.

## WHAT ARE THE SYMPTOMS?

In the early stages, the person may be unable to relax, concentrate or sleep. They may become reclusive. Their performance at school or work may deteriorate along with their personal appearance.

Schizophrenia may come and go in cycles of remission and relapse. During remission, persons with schizophrenia may seem relatively unaffected, and can continue to function fairly normally. However, in relapse they may experience several of the following symptoms, otherwise known as a psychosis:

- Hallucinations (hearing, seeing, smelling, feeling or tasting things that are not really there that are real to the person).
- Delusions (clinging to steadfast, bizarre beliefs that have no basis in reality).
- Thought Disorder (disorganized and fragmented thinking leading to incoherent and illogical thinking and speech).
- Flatness of Affect (inability to express appropriate emotions).
- Bizarre Behavior (out of character; abnormal behavior patterns).
- Social Withdrawal (isolation and reclusiveness).
- Cognitive Deficits (memory loss, difficulty in concentrating, planning and decision making).
- Functional Deterioration (loss of skills).
- Even when on medication, a person may still experience a symptom such as hearing voices but is not in relapse. As well, what is experienced may be side-effects from medication and not the illness.

### Manitoba Schizophrenia Society Membership & Donation Form

MSS is a registered non-profit organization. Charitable donation #88938 3998 RR 0001

- Single \$15
- Family \$25
- Corporate \$50

Donation: \$ \_\_\_\_\_  Visa  MasterCard

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City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

- I am:  mother  father  sibling  
 consumer  service provider  other  
 I am renewing my membership

Members receive the MSS newsletter, Reasons for Hope and the Schizophrenia Society of Canada (SSC) Bulletin.

Please make cheques payable to:  
 MSS 100 - 4 Fort Street  
 Winnipeg, Manitoba R3C 1C4