



Delusions or hallucinations alone can often be enough to lead to a diagnosis of schizophrenia. Identifying it as early as possible greatly improves a person's chances of managing the illness, reducing psychotic episodes, and recovering. People who receive good care during their first psychotic episode are admitted to the hospital less often and may require less time to control symptoms than those who don't receive immediate help. The literature on the role of medicines early in treatment is evolving, but we do know that psychotherapy is essential.

People can describe symptoms in a variety of ways. How a person describes symptoms often depends on the cultural lens they are looking through. African Americans and Latinos are more likely to be misdiagnosed, probably due to differing cultural or religious beliefs or language barriers. Any person who has been diagnosed with schizophrenia should try to work with a health care professional that understands his or her cultural background and shares the same expectations for treatment.

### Treatment

There is no cure for schizophrenia, but it can be treated and managed in several ways.

- **Antipsychotic medications**
- **Psychotherapy**, such as cognitive behavioral therapy and assertive community treatment and supportive therapy
- **Self-management strategies and education**

### Source:

- See more at: <http://www.nami.org/Learn-More/Mental-Health-Conditions/Schizophrenia#sthash.sGZ7wXn1.dpuf>

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# Schizophrenia



