

Second-Generation Antipsychotics (SGAs), Prolactin, Diet & Activity

Prolactin and SGAs

Prolactin is a hormone that regulates breastfeeding in women.

Your prolactin levels may go up if you take some second-generation antipsychotics (SGAs), like risperidone or olanzapine.

High prolactin in some girls may delay puberty or affect menstrual periods. It can also cause nipple discharge.

High prolactin in some boys can delay puberty or cause sexual problems. It can also result in breast enlargement or nipple discharge.

What about Prolactin & Bones?

If your prolactin levels are high for a long time, it may cause your bone density to decrease. That can lead to osteoporosis later in life.

Osteoporosis is a disease where a person's bones become weaker. Since bone building happens mainly in the first 20 years of life, it is especially important to support your bone building during this time.

Ways to support bone building:

- > Good nutrition – especially calcium and vitamin D
- > Regular physical activity – it has been proven to increase bone density
- > Avoid smoking

Activity and Bone Building

Any kind of physical exercise is great for your health. The best activities for bones are weight-bearing – any activity where you are in a standing position.

Bone-building activities: walking, soccer, tennis, running, volleyball, hiking, ice or field hockey, dancing, skiing, soccer, skateboarding, gymnastics, in-line skating, basketball, lifting weights, jumping rope, aerobics.

To build stronger bones, we recommend three or more sessions of weight-bearing exercise per week. The longer the sessions, the better it is for your bones.

Spend less time sitting and more time on your feet and moving.

What Can Be Done to Keep Track of My Bone Mineral Density?

- > Get the prolactin levels in your blood tested regularly
- > Have a bone density scan to see how close you are to the average bone density for your age. Your bone density can be measured with dual-energy x-ray absorptiometry (DEXA scan)
- > A DEXA scan shows if you have osteopenia or osteoporosis – decreased bone density

“Children and youth find it easier to make changes when the whole family does it too!”

Ready? Set a Goal!

Now you have some ideas on ways to help keep your bones strong while on an SGA. It's time to make some goals!

Goals that work are usually:

- > Small
- > Achievable
- > Planned out

EXAMPLE:

Small: *I need to drink more milk.*

Achievable: *I usually drink milk once a day. I like milk, so I'm going to try to drink it twice a day.*

Plan: *I'm going to drink a glass of milk every morning before school and another glass with my dinner. I've asked my mom to remind me so I won't forget.*

MY GOAL:

- _____
- _____
- _____
- _____

Want to Learn More?

Mental Health Metabolic Program:

www.keltymentalhealth.ca/metabolic
or call (604) 875-2010

Mental Health Information:

www.keltymentalhealth.ca

Medication Information:

www.keltymentalhealth.ca/finding-help/medications/antipsychotics

General Information About Healthy Eating:

www.healthlinkbc.ca/dietitian or call 8-1-1

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