

Kazachenok M.V., Petrovskaya D.S.
SCHIZOPHRENIA
Scientific supervisor: senior teacher Kazakov S.V
Department of Foreign Languages
Belarusian State Medical University, Minsk

Relevance. Schizophrenia can be defined as a severe mental disorder which affects behaviour, thoughts and emotions. You may only notice the first symptoms around teenage or adult years, but it actually begins a lot earlier in life. Men are likely to start showing symptoms between 15-25 years of age, whereas this normally happens later in life for women (35-45). However, schizophrenia is diagnosed consistently across genders and cultures. Over 21 million people are living with schizophrenia worldwide, and it's more common in men than women.

Aim: we will explain to you how to recognize schizophrenia in its early stages, convince you that schizophrenia is not a sentence with proper and timely treatment and explore common myths about schizophrenia and the truths behind them.

Materials and methods. For better understanding the problem of schizophrenia, getting deeper knowledge of the disease we examined and analyzed different sources and articles:

Bebbington PE. *Int Clin Psychopharm* 1995;9(Suppl.5): 41–50;

Cramer JA. *Psychiatr Serv* 1998;49: 196–201;

Mitchell AJ *Adv Psychiatr Treat* 2007;13: 336–346;

Sicras-Mainar A. *Neuropsychiatr Dis Treat* 2015;11 51–57;

Velligan DI. *Schizophr Bull* 2006;32:724–742.

Results and discussions. Ultimately, the definitive cause of schizophrenia is unknown. There are, however, several elements which are known to play a role, for example: pre-birth factors, drug use and social factors. Lifestyle factors were also linked to an increased risk of developing schizophrenia. More than 69% of people with schizophrenia are not receiving appropriate care. Ninety per cent of people with untreated schizophrenia live in low- and middle- income countries. Lack of access to mental health services is an important issue. Furthermore, people with schizophrenia are less likely to seek care than the general population.

Conclusion. If someone close to you has schizophrenia or if you have schizophrenia yourself, it is important to learn the facts about. Remember to read reliable resources and separate the myths from the truths. Find out more about signs and symptoms of schizophrenia to look out for and how you can help others who are experiencing schizophrenia.

Remember, support is very important for helping a person experiencing schizophrenia to stay well. Be prepared by learning more about how schizophrenia may impact someone's personal life below.