

the 1990s, the number of people with a diagnosis of schizophrenia has increased by 20% in the United Kingdom (Meltzer et al. 2002).

There is a growing body of evidence that people with schizophrenia are at a higher risk of developing physical health problems than the general population (Meltzer et al. 2002). This is due to a number of factors, including the side effects of antipsychotic medication, which can lead to weight gain, high blood pressure, and diabetes (Meltzer et al. 2002). Additionally, people with schizophrenia are often less likely to engage in healthy lifestyle choices, such as regular exercise and a balanced diet (Meltzer et al. 2002).

As a result of these factors, people with schizophrenia are at a higher risk of developing physical health problems, such as heart disease, diabetes, and respiratory problems (Meltzer et al. 2002). This can lead to a higher risk of premature death (Meltzer et al. 2002).

Therefore, it is important for people with schizophrenia to receive regular medical check-ups and to engage in healthy lifestyle choices. This can help to reduce the risk of developing physical health problems and improve overall health (Meltzer et al. 2002). Additionally, it is important for people with schizophrenia to receive mental health support, as this can help to manage their symptoms and improve their quality of life (Meltzer et al. 2002).

In conclusion, people with schizophrenia are at a higher risk of developing physical health problems than the general population. This is due to a number of factors, including the side effects of antipsychotic medication and a lack of engagement in healthy lifestyle choices.

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