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SCHIZOPHRENIA Factsheet

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What is hyponatraemia?

Hyponatraemia is an imbalance of electrolytes in the blood serum, typically involving reduced salt (sodium) levels. This usually occurs through excessive water retention diluting the salt content of the blood in combination with increased sodium excretion in the kidneys. Mild hyponatraemia does not have obvious symptoms, however when sodium levels drop dangerously low they can cause muscle cramps, lethargy, and delirium; eventually leading to convulsions, which can be fatal. Hyponatraemia can occur as a side effect of many medications including antipsychotics.

What is the evidence for hyponatraemia?

Moderate to low quality evidence suggests hyponatraemia occurs more commonly in people taking antipsychotic medications than those not taking antipsychotic medication.

For more information see the technical table



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NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate/schizophrenia.