

WHAT YOU SHOULD KNOW ABOUT BIPOLAR DISORDER



BIPOLAR DISORDER formerly called manic depression, is a mental health condition that causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). Episodes of mood swings may occur rarely or multiple times a year.

Although bipolar disorder is a lifelong condition, you can manage your mood swings and other symptoms by following a treatment plan. In most cases, bipolar disorder is treated with medications and Psychotherapy.

SYMPTOMS

- Abnormally upbeat, or jumpy behavior
- Decreased need for sleep
- Poor decision-making
- Depressed mood, such as feeling sad, empty, hopeless or tearful
- Loss on interest in everyday activities
- Either insomnia or sleeping too much
- Feelings of worthlessness or excessive or inappropriate guilt

CAUSES

- Genetics
- Biological Differences

RISKS

- Having a first-degree relative, such as a parent or sibling, with bipolar disorder
- Periods of high stress, such as the death of a loved one or other traumatic event
- Drug or alcohol abuse

WHEN TO SEEK HELP To be diagnosed with Bipolar Disorder, a person has to have had at least one episode of mania or hypomania. There are four types of Bipolar Disorder: Bipolar I Disorder, Bipolar II Disorder, Cyclothymic Disorder or Cyclothymia, and Bipolar “other specified” and “unspecified”

WHAT YOU CAN DO Bipolar Disorder is a chronic condition, so treatment must be ongoing. If left untreated, the symptoms of Bipolar may get worse, so diagnosing it and beginning treatment in the early stages are important. There are several well-established treatments for Bipolar Disorder including Medications such as mood stabilizers, antipsychotics medication and antidepressants, Psychotherapy, Electroconvulsive therapy, and Self Management Strategies and Education.