

Educational Links (English):

- ❖ <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/bipolar-disorder.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/bipolar-disorderkeyfacts.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/youngpeople/bipolar-disorder.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentsandcarers/bipolar-affective-disorder.aspx>
- ❖ <http://www.rcpsych.ac.uk/healthadvice/treatmentswellbeing/medications/bipolar-disorder.aspx>
- ❖ <https://www.nimh.nih.gov/health/topics/bipolar-disorder/index.shtml>
- ❖ <http://www.mayoclinic.org/diseases-conditions/bipolar-disorder/basics/definition/con-20027544>

Emergencies:

If you have any severe symptoms of mania with erratic behavior or if a family member of yours is, please call 9-1-1 or visit the nearest emergency room as possible.



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Lumos Psychiatric Services



Educational Booklet: *Bipolar Disorder*

Bipolar disorder is a mental health condition also known as manic-depressive disease. Those suffering from bipolar disorder experience unusual mood swings, which can manifest in a manic or depressive phase.

Those who suffer a manic episode can:

- ❖ Feeling very cheerful or lively
- ❖ Feeling very nervous, upset, or anxious
- ❖ Talking very quickly about many different things
- ❖ Being restless, irritated, sensitive, or aggressive
- ❖ Having trouble relaxing or sleeping
- ❖ Believing yourself capable of doing many things at once
- ❖ Be more active than usual
- ❖ Doing risky things, such as spending a lot of money or having careless sex

Those who experience a depressive episode can:

- ❖ Feeling very depressed or sad
- ❖ Feeling worried and empty
- ❖ Having trouble concentrating
- ❖ Forget a lot about things
- ❖ Losing interest in activities previously considered fun
- ❖ Feeling tired or without energy
- ❖ Having difficulty sleeping
- ❖ Thinking about death or suicide

In bipolar disorder, psychotic symptoms, such as hallucinations or false beliefs that interfere with relationships or perception of the world around you, thus losing touch with reality. Bipolar disorder affects men and women alike, and usually occurs between the ages of 15 and 25.

What Causes Bipolar Disorder?

Several factors could contribute to bipolar disorder, including:

- ❖ Hereditary component (genes)
- ❖ Abnormality in brain structure and function

The following factors can trigger a manic episode in people who are vulnerable to the disease.

- ❖ Lifestyle changes as childbirth
- ❖ Medications such as antidepressants or steroids
- ❖ Periods of insomnia
- ❖ Psychoactive drug use

Is Bipolar Disorder easy to diagnose?

No. Some people suffer from bipolar disorder for years before being diagnosed. The condition may initially occur in the depressive phase (leading your doctor to make a diagnosis of depression) or with symptoms that may suggest another condition. Examples of other problems associated with symptoms of bipolar disorder are substance abuse, anxiety disorders, thyroid disease, and heart disease.

Suicide risk:

People with bipolar disorder have an increased (three times more likely) chance of committing suicide than those with major depressions.

How to avoid relapses?

Episodes of depression or mania return in most patients, despite treatment. The goals of treatment are:

- ❖ Avoid cycles from one phase to another.
- ❖ Avoid the need for hospitalization.
- ❖ Help the patient perform as best as possible between episodes.
- ❖ Prevent self-destructive behavior, including suicide.
- ❖ Reduce the severity and frequency of episodes.

Bipolar Disorder Treatment:

Bipolar disorder has no cure, but treatment helps control symptoms, mood swings and behavioral problems.

- ❖ **Medications** - Different types of medicines can work well. The most commonly used are mood stabilizers and anticonvulsants. Sometimes antipsychotics, antidepressants, anxiolytics or hypnotics may be used to manage symptoms.
- ❖ **Psychotherapy** - Different classes of psychotherapy can help people with bipolar disorder. Therapy can help change your behavior and manage your lives. It can also help patients get along better with family and friends. Sometimes therapy could include family and friends.
- ❖ **Electroconvulsive Therapy (ECT)** - Some people do not improve with medication and psychotherapy, so they may benefit from treatment with electroconvulsive therapy.

How can I help myself if I suffer from bipolar disorder?

- ❖ Talk to your doctor about treatment and your condition.
- ❖ Do not stop taking your medicine.
- ❖ Follow a healthy routine to eat and sleep.
- ❖ Learn to recognize your mood swings.
- ❖ Be patient with your symptoms. Improving takes time.

How can I help someone with bipolar disorder?

- ❖ Help your friend or family member see a doctor for proper diagnosis and treatment.
- ❖ Be patient, encourage the person to speak, and listen carefully.
- ❖ Be sympathetic to mood swings.
- ❖ Have your friend or family member participate in activities.
- ❖ Remind her that she may get better with the right treatment.

For questions or concerns, discuss it with your doctor.