

Understanding And Treating Bipolar Disorders

# UNDERSTANDING AND TREATING BIPOLAR DISORDERS

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## Contents

|                                                                                    |    |
|------------------------------------------------------------------------------------|----|
| Understanding Bipolar To Get Help .....                                            | 8  |
| Why Should I Get Help Anyway? .....                                                | 10 |
| Why So Many Struggle With Treatment .....                                          | 12 |
| Learning To Cope With Bipolar Disorder .....                                       | 14 |
| Why You Should Consider Support Groups .....                                       | 16 |
| Childhood Treatment Options For Bipolar Disorder .....                             | 18 |
| What To Do If You Have A Bipolar Disorder Diagnosis .....                          | 20 |
| Tips On Recognizing Bipolar Symptom And Its Importance .....                       | 22 |
| Treatments For Bipolar Disorder: Getting Rid Of That Monkey On Your Back .....     | 24 |
| The Manifestations Shown By A Bipolar Child Helps In Proper Diagnosis .....        | 26 |
| A Bipolar Overview: Discovering Bipolar .....                                      | 28 |
| Medicine Or Talk Therapy: Common Bipolar Disorder Treatment .....                  | 30 |
| Your Child And Bipolar Disorder: What You Should Know And What You Should Do ..... | 33 |
| Considering A Long-Term Medication For Bipolar? Choose LAMICTAL .....              | 35 |
| Pediatric Bipolar Versus Asperger's Disorder .....                                 | 37 |
| Tough Yet Rewarding Ways On Loving Someone With Bipolar Disorder .....             | 39 |
| Bipolar And Schizophrenia: Are Both Disorders The Same? .....                      | 43 |
| What Are The Symptoms Of Bipolar Disorder? .....                                   | 44 |
| A Complete Guide To Bipolar Illness .....                                          | 46 |
| Living Your Life In Advantage Even With Bipolar .....                              | 48 |
| Helpful Tips To Newcomers On A Bipolar Chat Room .....                             | 51 |
| Understanding Bipolar Disorder Symptoms .....                                      | 54 |
| Bipolar Disorder – Symptoms And Effects .....                                      | 56 |
| Bipolar II Disorder - 13 Points To Remember .....                                  | 60 |
| Bipolar Online Quiz .....                                                          | 62 |
| Are You Too Moody Or Are You Going Nuts? Analyze With A Bipolar Test! .....        | 66 |
| Signs & Symptoms in the Depressive Phase .....                                     | 67 |
| Signs & Symptoms in the Manic Phase .....                                          | 67 |
| Causes Of Bipolar Disorder – 11 Points To Remember .....                           | 70 |
| Understanding The Bipolar Disorder Codes - 18 Codes You Must Know .....            | 74 |
| Medications For Bipolar Disorder – 10 Points To Remember .....                     | 78 |
| Bipolar Disorder Among Children – 11 Key Symptoms .....                            | 81 |
| CBT To Treat Bipolar Disorder .....                                                | 84 |
| Treatments For Bipolar Disorder .....                                              | 87 |
| Understanding Bipolar Disorder – 14 Basic Facts .....                              | 92 |

## Understanding Bipolar To Get Help

Most individuals that suffer from bipolar have one goal. That goal is to live a life that is as normal as can be. To get through today without having any emotional problems, to make it through the big meeting at work without having people wonder what is wrong with you and to simply be able to enjoy your daughter's graduation are all additional goals that you may have.

Before you can fully learn to cope with bipolar, you need to fully understand your condition. You need to know what things happen, as best that you can, so that you can then trigger your coping mechanisms to work for you.

There is no 100 percent sure way of stopping these things from happening to you. But, there are countless things you can learn to do to help you to improve your outlook.

To get to that point, we will start by giving you all of the information you need about your condition so that you can better understand what is happening to you. If you are a family member who just wants to help someone that has bipolar, then by all means, you too can learn all that you need to in order to deliver the help that you can give to them.

Bipolar is a condition in which there are extremes in moods and life experiences. There is no doubt that bipolar is a health condition that is serious and disabling to those that have it. It is a mental illness and it does require necessary treatment.

You may have heard bipolar called Manic Depression or that a person suffering from it has a manic depressive condition. But, what scientists have come to learn is that manic style behavior is only one extreme of this condition. The other part of it is that of depression. Both of these conditions are vitally serious to your well being and even to your life span and must be treated.

While doctors do not have a cause for bipolar, they are working on finding one. Along with that, you can be sure that there are many scientists looking for a way to cure the condition. Yet, until that happens, we need to examine what we do know about bipolar and what it does to the person that you are.

## Understanding And Treating Bipolar Disorders

For most people bipolar starts when they are just in their teens. Some believe that it is triggered by puberty. Others will not develop this condition until they are in their early adult years. Bipolar can last your life time, too.

For most individuals, bipolar is a condition that doesn't happen all of the time. You don't go in and out of moods or other experiences within seconds and you don't do this all of the time either. For example, some people will have bouts that last for several weeks. Others will have them for a few months at a time. Although it is possible to have bipolar in which your symptoms flare all of the time, this is really the rare case.

If you don't get help for bipolar, your condition is likely to continue to worsen. There is no doubt that depression itself is a killer. Therefore, not getting help is simply not an option. But, the good news is that there are medications, treatments and therapies that can help to reduce the symptoms and help you to cope with your condition.

## Why Should I Get Help Anyway?

Bipolar is a mental illness. It is not like a cold that will go away. It is not like a broken leg which will heal on its own. Without the attention of a professional, your bipolar can and will get worse.

What happens to you will be unique. There is no way of knowing if your condition will worsen quickly or at all. But, research shows that those that do not seek help for their condition will find complications do exist for them and for their family members.

If you have bipolar, other conditions can make it even worse. For example, if you are trying to deal with anxiety, you will have a hard time doing so because of bipolar. In conditions where this is life threatening, for example if you are suffering from alcoholism, this can be a very serious problem.

If you can't keep yourself off of alcohol, then your life may be in danger. Not only will the alcohol cause problems for your health, but bipolar can make you think irrationally and you could put yourself in dangerous situations. For this reason, seeking help is a must.

For some, the length of time between depressive symptoms and mania symptoms can be very short. You could move from one symptom to the next quickly, leading to confusion and even health scares. This rapid cycling in itself will cause you quite a bit of grief.

It can get even worse, too. It is possible, believe it or not, to be in a state of depression as well as in mania at the same time. When this happens, the end result is that your mind and emotions are completely wrapped in each other. You are agitated and annoyed. You are unable to sleep or eat. You can't get your thoughts to be organized.

Even worse, when this happens, people are more likely to think about suicide. This can be very dangerous because people in this state of mind are not thinking rationally at all and can make the wrong decision.

Another problem is that of psychosis. Bipolar symptoms that combine both mania and depression symptoms can lead to psychosis. This is a very serious mental illness in which your personality is completely disorganized. You are impaired with what is real and what is not. You

## Understanding And Treating Bipolar Disorders

are hallucinating and you are delusional. Even those that very strongly believe in things can end up making decisions the other way.

Even beyond the physical risks that you place yourself under when you face bipolar, there are the just as devastating effects that it has on your relationships.

Many people with bipolar will have trouble holding onto relationships. They may move from one person to the next quickly because of the mood swings that they deal with. In addition, those that are suffering from bipolar often times make mistakes with dealing with others. They simply are confused as to what the true emotion is supposed to be during any such situations.

## Why So Many Struggle With Treatment

Although medication and psychotherapy are methods for dealing with bipolar disorder, many times individuals simply will not take them. They stop. They give up. They simply can not stand the entire process of fighting their bodies and minds. They just give up.

As you can probably imagine, this is simply not the best route for you to take when it comes to caring for your condition. Yet, a vast number of bipolar disorder patients will experience this feeling at some time or another. Why is that?

Those that take antipsychotic medications and mood stabilizers are often the types of medications with the most side effects and therefore the most commonly stopped by the patient.

Yet, those that just stop taking these medications against their doctor's recommendations often face a huge problem. They relapse in their symptoms. They are often hospitalized. They end up homeless, victims, and even are more commonly involved in various types of crime. Either in jail or in a hospital, those that do not have the medications they need end up in trouble.

When a patient stops taking their medication, this is called noncompliance or sometimes it is called nonadherence. It is not just those that suffer from bipolar disorder and take these medications that face this problem.

In fact, those that are told they need to take medications for long periods of time often go through a bout of not wanting to do so any longer. Those that suffer from epilepsy, hypertension and even asthma often face this feeling of wanting to stop the medications.

One thing to understand is that you don't have to stop taking all of your medications to face a problem. Some individuals only stop taking some of them; perhaps those that they still have pills available for, and stop others. Partial noncompliance is just as problematic as those that face cutting off all medications all together.

Nevertheless, this doesn't answer our question of why this happens. Unfortunately, there are a number of different reasons why it will happen.



## Understanding And Treating Bipolar Disorders

The first and most common reason that this happens is simply because patients don't understand the illness that they are up against. In fact, some 10 out of 14 patients will stop taking medications because they don't realize just how important they are to their illness.

Many patients, up to 80 percent, will take medications only because their doctor's tell them to. Many don't realize why they need to take the medications that they do, but simply do so because their doctor tells them to. Because people do this, it is hard to understand just how aware they are of their illness.

One of the most important things that you can do, then, is to truly understand your condition. If your loved one has bipolar disorder, then help them to stay informed about their condition. It is essential that you provide this information because without it, they may not realize the importance of taking those pills each day. With this education, though, protection can be significant from these problems.

## Learning To Cope With Bipolar Disorder

One of the biggest messages you need to take from this e-book is the fact that you can improve your condition if you make some changes in your lifestyle. You can learn to cope with bipolar disorder.

You may sit there and think to yourself that you just don't want to deal with this. You may want to be able to write it off as an "Oh well." But, in fact, you've seen reasons why you can do that. Now, that you realize that, take the time to realize what changes you can make in your life to actually improve your overall quality of life.

Don't try to make all of these changes today. Give yourself time and patience to work through each one. Doing so will give you more ability to actually be successful with coping with bipolar disorder.

Believe it or not, the way that you sleep plays a significant role in your bipolar condition. What's important to remember here is that when you sleep in a normal pattern, there are chemical changes in the brain that are beneficial to your condition.

To improve this condition, simply get enough sleep each night, but do this by going to bed about the same time each night and get up about the same time each morning. Creating a pattern like this will improve your bipolar symptoms.

If you work a job that has you sleeping strange times of the day, you need to try to work out a schedule so that even when you are not working, you are still sleeping the same times of the day. This is essential to your coping skills. It also gives your mind the time that it needs to clear and to wake up refreshed.

In fact, when you do need to make changes in your sleep pattern that are drastic, such as a new time zone, talk to your doctor about the best way to do this without causing problems for yourself.

## Understanding And Treating Bipolar Disorders

We've talked a lot about taking the medications that you need to take and the reasons for doing so. But, you can also learn to cope with this process to make it that much more successful for you.

Take your medications even if you feel great. Do what your doctor tells you to do in regards to taking them even when you have no symptoms. Even if you feel really good, that's your medication talking and working! By stopping the consumption of them, you simply allow the symptoms to begin all over again.

To make the entire process of medication taking easy plan out your schedule so as to include your dosing. For example, when you wake up in the morning, have your breakfast and take your morning pills. If you take a second pill later in the day, do so after dinner, for example. By pairing medication taking with meals, for example, you keep yourself from forgetting them.

## Why You Should Consider Support Groups

Everyone hates them and not one wants to go to support groups. But, think about why that is. Is it too hard for you to do? Do you hate admitting that something could be wrong? Perhaps you are like one of the many that actually find themselves struggling with the need to surround yourself with others that face the same challenges that you do.

The bottom line is that support groups do help and that they commonly can help to increase your quality of life and help you to realize what you are up against.

Learning to cope with bipolar disorder is not easy but it is challenging. It is something that you can learn to do. In fact, one of the best ways to do this is to work with others that are facing the same situations that you are.

Support groups offer that type of care, something that your family and friends can not give you nor can your doctor. Being around others that are struggling with the same problems you are struggling with, gives you hope, understanding and even a sense of peace.

Learning about support groups is vitally important. Who is in yours depends on your family make up and even those that are striving to provide you with the care that you need.

Right now, you probably have a family that is helping to support your needs. You also have a health care team that is there to provide you with medical assistance. This includes everyone from your family doctor to the psychiatrist that you've poured your heart out to.

Friends should make up part of your support group too. Many don't want to provide personal information about themselves such as their bipolar disorder, but the fact is that you should. A true friend stays by you and helps you to cope as well as offers you the support you need in all times of your life.

Consider telling those that you love what is happening to you. It can only benefit you. What's more, it can help people to understand the way that you react and the moods that you go through, making you a better friend to them.

## Understanding And Treating Bipolar Disorders

While having your family around you will improve your well being and will offer the help that you need, you should consider additional help through outside support groups as well.

Professional groups that meet to discuss bipolar disorder are found in many hospitals, recreation centers and in various psychiatric facilities. To find one that is located near you, ask your doctor for suggestions. They may have one that is tailored to your specific needs in mind for you to choose to go to based on your situation.

These support groups provide professional attention that can be guided by you. For example, several people that have the same disorder as you do can come together with a moderator. By sharing the ins and outs of your day with others, you help them to improve their life as much as you'll help yourself to do the same.

## Childhood Treatment Options For Bipolar Disorder

Bipolar disorder was once only seen in adults but studies are showing children also get the manic depressive illness. The only issue is many of the kids are being diagnosed as ADD (Attention Deficit Disorder) and ADHD (Attention Deficit Hyperactivity Disorder) though now many researchers and doctors are realizing that bipolar is rearing its ugly self in childhood along in adolescence.

The early the diagnosis is made in children, the better their chances of having successful treatments and living inhibited lives that would otherwise be full of chaos. It seems though that anything doing with children is full of controversy. Medicating children with bipolar is not without its debates. Many doctors feel with medication (which is given first) along with talk therapy will work. However, many parents along with psychologists disagree with this method.

It seems that as soon as parents realize their child is on medication that the child loses some of his or her personality.. A sense of who they are that parents seem to love. It's not true actually. Anytime a person is medicated or overly medicated, they do not lose a sense of who they are. However, it can be said that medications can make some children "spacey" or just plain "out of it". This of course causes concern among the parents and doctors, making them questions if medicine is actually necessary and if the child is better off without any.

An effective therapy for children is play therapy especially for children with bipolar disorder. These children tend to live better childhoods. Play therapy typically places the child in certain "pretend" situations where they must have a logically and emotionally healthy solution. Play therapy is good for some children but not so good in others. In certain bipolar children, the mood swings are so strong that the child cannot control both their emotional reactions and other actions to situations.

A new therapy being introduced is Cognitive Behavioral Therapy. The therapy centers on the patient learning to recognize bipolar symptoms, what triggers it and inappropriate behaviors that go along with it. It also comes up with alternatives to that "bad" behavior. This therapy allows the patient to discover for themselves what they can do to avoid manic or depressive episodes and how to effectively manage it. For adults, this is a good option... for children, however, it is still quite new. This therapy does work well with medicine therapy.

## Understanding And Treating Bipolar Disorders

Cognitive therapy requires some level of resolving crisis and vital thinking that does not occur in children typically. For that reason, it is not used a lot in children under certain age guidelines and their maturity level. Some researchers say if the cognitive and behavioral therapy had some changes and were geared toward children, that it could work. This can prove difficult to do however.

No matter the end result, childhood treatment options should be discussed with their doctor, psychiatrists, psychologists, parents and teachers to come up with a livable and realistic treatment. Every person that child comes into contact should be aware of the process in order for it to be triumphant. Should they have concerns about what kind of effects it will have on the child or they see a difference in a bad result, they need to speak up when necessary. Parents should also not be afraid to change doctors if they feel their child is not getting the care and attention they need. The goal behind treatment is to get the child to live in society and function "normally" as the law says.

## What To Do If You Have A Bipolar Disorder Diagnosis

Like any disease a person is diagnosed with, a battle ensues to try and beat it. Whether it is cancer, AIDS, asthma or something dealing in psychiatric disorders such as Schizophrenia and Bipolar Disorder, there is always some fight going on once there is an official diagnosis made.

Psychiatric disorder Bipolar is among one of the mental disorders that patients cannot can't beat but have to live with and try to overcome when the major symptoms of it begin to take hold. Basically, it's a fight to become normal or have some sort of normalcy restored into their life

Being normal with a disease such as bi-polar disorder is a hard thing to accomplish. It can hit on every aspect of the person's life, disrupting not only their lives but others around them. That's why it is so imperative people with the disease be aware of any changing behavior, if possible!

It's likely that the more serious the disorder, the easier it is to spot. Perhaps those who have it can spot it but likely it would be a patient's love one. made in the first place, that the signs were there from the beginning.

Early treatment can stave off some of the extreme manic highs and lows one often feels with the disease. If the disease is found early on, the sooner the treatment can begin successfully and the less likely severe symptoms will erupt.

The biggest issue about knowing someone with this disease is keeping them interested in taking their medication and engaging them in talk therapy. Getting them to take responsibility is very important in the ability to keep the disease in check. For some, making them realize that the diagnosis is correct can be a hard thing because they don't want to really believe a disease is responsible for much of what they do.

For others, it's like a burden has been lifted off their shoulders after realizing that what has been happening to them has a name and that there are treatments for it. For them, they are happier to know that much of what was said and done could not have been helped. Although this doesn't make matters easier in dealing with the past.



## Understanding And Treating Bipolar Disorders

It is these people, that feel it is important for them to keep up with their medication. If it something is bothering them, they are the ones more likely to seek help about it. They are the ones who want to live a life outside of the disease. It will be these folks who will speak with their doctor if something doesn't seem right. These patients will also seek a second opinion when they feel the first one hasn't properly helped them.

Along with medication, it is necessary that the patient also get talk therapy. Most doctors will suggest this type of therapy. Some patients might disagree to talk with a therapist. The real truth is talking with a therapist really does help out the patient with their disease.

A bipolar diagnosed person can still take care of themselves daily as long as they consciously remember to do it. It may seem obvious to do things for ourselves but for bi-polar patients, they have to repeatedly remind themselves to do it.

This disease can let some patients live a fuller and oddly enough, a calmer lifestyle. It's actually better for them despite all the medicine and all the talk therapy they receive because if they never got the diagnosis, they would have thought the end of the world would have been the answer.

## Tips On Recognizing Bipolar Symptom And Its Importance

Bipolar disorder also known as manic-depressive illness can have serious consequences on the sufferer's life as well as those around them. The patient needs constant attention either from their treating psychiatrist, close friends and family.

In America, there are approximately two million people diagnosed with bipolar disorder. Yet, most of them are unaware that anything is wrong. Symptoms begin to show out during adolescence or early adulthood in most of the cases. There is nothing to worry about because bipolar is a treatable disease. People need to know how to recognize the different symptoms to get the proper treatment after the diagnosis.

Being down and depressed does not necessarily occur in bipolar patients. Their moods go up and down and switch between extreme highs and extreme lows and yes this mood swing is hard to establish. It is often times difficult for the patient to cope with the ever-changing mood swings.

Always expect the worst when it comes from patients who suffer this disease, patients can sometimes commit suicide. They feel that suicide is their only answer to solving this disease. It is important to calling 911 in cases such as this.

Lifetime treatments and medications is necessary to building and keeping the strong support group the sufferer has. Really though the first step for achieving success is learn the basics about how to spot the symptoms of the disorder.

### Five Signs and Symptoms of Bipolar Disorder

- It is easy to spot manic episodes. The most recognizable factor is the increase in the level of energy and a high mood. This can be seen in the early stages. It is recognizable after the depression has been in place for so long and the patient is suddenly happy and excited. Other things to can give clues are the need to spend money on shopping sprees, concentration loss and sex drive increase.

## Understanding And Treating Bipolar Disorders

- Depression can be spotted easily but it can be misread as just a bad day. If the depression lasts well into an extended period of time it is an obvious sign of bipolar disorder. Lack of interest which were once enjoyed by the person, such as games and hobbies, can be taken as a sign of bipolar disorder.

- In serious cases of bipolar, mood swings can be displayed as psychosis symptoms such as hallucinations or delusions. The sufferer may be unaware of this symptom but it is easily recognizable to those around him.

- When a sufferer is in a mixed state, it means they are suffering from both depression and mania at the same time. This can lead to lack of sleep, agitation and appetite changes. Those with this type of bipolar can become depressed even if they are experiencing a high energy level.

- Morbid thoughts are the most intense and horrifying part of bipolar. Most people tend to ignore this thinking if I do, it will go away.

If suicide seems possible, dial 911 when you need it to keep the worst from happening. It is important to realize and keep in mind that knowing the symptoms of this disease and understanding it can reveal the true nature of it. Improper diagnosis or rather no diagnosis means the sufferer is prolonged to extreme bouts and possibly committing suicide later on. Even if the person sees a physician for their depression, they may not talk about the mania side of the disorder. Do not forget that bipolar is a debilitating disease that can be treated in order to live a productive and healthy lifestyle.

## Treatments For Bipolar Disorder: Getting Rid Of That Monkey On Your Back

It's not uncommon to see a person who suffers from bipolar disorder go undiagnosed for close to eight years. Though proper treatments are available, they are still going undiagnosed or are getting inadequate treatment.

When the illness is left untreated, it can cause an assortment of trouble in the person's life. It is important they be diagnosed soon as symptoms start so treatment can get started.

There are numerous treatments for bipolar disorder and while some may fail, others are very triumphant in controlling the illness.

Sometimes patients tend to give up on medicines because they feel it's just not working. This can be dangerous because any lapse from taking the medication can cause a relapse in episodes. Compliance is another factor in the dealing of the disease.

### **Treatment Stages - Acute and Preventive**

In the Acute stage, the idea is to end current depression, hypomanic, mixed mood swings and manic. Preventative measures calls for a continuation in the therapeutic process to handling future episodes.

Medication, psychotherapy and education are all forms of treatment. Medication therapy is important for all of the patients during both stages.

Patients and families can find relief in more than usual bipolar disorder symptoms during psychotherapy sessions.

Because this disease is complex, families and patients need to be aware of what its symptoms are and how it can be managed. Education of this disease is important so people know what to expect.

Despite which treatment the patient, family and physician chooses, the main goal is to decrease the amount of episodes the bipolar person has...prevent it from cycling from each mood stage.

## Understanding And Treating Bipolar Disorders

It would be beneficial to have the mood disruptions decrease in intensity as well as frequency. This would also help the patient while they are in between episodes.

During talk therapy before medication or other treatment is prescribed, the physician must first identify what caused the initial outburst. The, the doctor will assess for other problems such as emotional or medical that could hinder the patient's treatment and recovery.

### Treatments available

There are several medications that can be used to help bipolar patients in their daily lives.

\* **Mood Stabilizers** - this is the core of bipolar medicinal treatment. They are efficient in acute stages of depression and even psychotic mania. It can also be used as a maintenance drug. The most commonly prescribed drugs in this area are Lithium and Valproate. The drugs act as a stimulant.

\* **Atypical Antipsychotic**- this is a mood stabilizer that can also be prescribed for schizophrenia. There are five kinds of medication offered in this treatment. They are: Olanzapine, risperidone, quetiapine, ziprasidone and ariprazol can be used for bipolar mania and mixed episodes. However, only Quetiapine is only allowed for mixed episodes. The best thing about the drugs is that they can be used alone or combined with other drugs to help ward of the symptoms of the disease.

\* **Antiseizure medications** - this is typically given to patients who have rapid bipolar cycling with mixed episodes of mania, depression and those who have suffered from substance abuse. Three antiseizure medicines given are: carbamazepine, lamotrigine and oxcarbazepine.

\* **Electroconvulsive therapy** - ordered on patients who suffer from acute emotional stages.

\* **Sleep Management and Psychotherapy** - used with medications for bipolar disorder. There are side effects with the medication like anything else. Some of these can include: weight gain, high cholesterol, diabetes. A diet should be followed and education on dietary intake is necessary. This can help in the reduction of these effects. With friends and family behind the loved one, then it is possible for the patient to live a "normal" life.

## The Manifestations Shown By A Bipolar Child Helps In Proper Diagnosis

Do you recall when your son or daughter were born? Do you remember when you counted his or her little fingers and toes? Then their teenage years hit and they are acting like a maniac. What is this? Where did this person come from? You take him to the doctor and there you learn the news... your child has Bipolar disorder.

It's not a death sentence, true. But it is still frustrating none the less. Bipolar Disorder is a severe illness that can be treated. It is recognized by intense swings in energy, mood, behavior and thinking. Believe it or not, what was once your little boy or girl, has always been your little boy or girl. Doctors who study bipolar have said that it can even be seen in infancy and even early childhood.

Most often children who are Bipolar do have ADHD (Attention Deficit Hyperactivity Disorder). And with everything going on, parents are desperate to obtain information and get support. Studies have shown 3.4 million children or young adults with depression are actually having an early onslaught of bipolar disorder. Though the manic stage is never experienced. In children with bipolar disorder there are changes in energy and moods. They also have serious agitation or become elated with the high energy surge. This is called mania. Persistent conditions of irritability/sadness followed by low energy is called depression.

Remember that adults and children vary for how the disease inflicts them. Since children are naturally hormonal, the disease makes it harder for them to control their behavior so ongoing mood disturbances with episodes of depression and mania. It rapidly changes, leaving many to feel chronic irritability.

What some parents say to look out for?

Parents say some of the signs to look for include:

- \* lack of play enthusiasm
- \* rages that are lengthy, explosive and destructive
- \* separation anxiety
- \* bed wetting

## Understanding And Treating Bipolar Disorders

- \* agitation
- \* night terrors
- \* extreme sadness
- \* strong cravings for junk food such as sweets or carbohydrates
- \* dare-devil behavior
- \* delusions
- \* sleeping too little or too much; and
- \* too much self confidence for which defies logic or laws.

In infants, that were later diagnosed with bipolar, parents reported extreme temper tantrums that would occur with the word "NO". Even to those that seemed like common sense, save your lives "nos".

In children, bipolar disorder can be triggered by an event that's very traumatic for them which sets off either the manic high or manic depression. Later on, the episodes can come about on their own when they are stressed out. Puberty is a major risk factor for the illness especially when girls have their menstrual cycle. Studies have shown a parents' lack of treating their child can have the disorder disrupt life for another 10 years before anything is done. It is in the parents and child's best interest to undergo an evaluation if there seems to be four or more symptoms present.

Teens who have this disease and are left untreated can be lead towards drugs and alcohol. Teenagers who seemed "normal" up until their recent years and are suddenly experiencing onsets of the disease are also more inclined to do drugs and alcohol. Environmental factors as well as genetics influence the illness.

With early preventions or treatments, children have the ability and the chances of getting well, while achieving stability and enjoy life as "normal" children typically do. With adequate and the right treatment adverse effects are greatly reduced.

Studies are still being done to explore children' characteristics with the illness. So far reports have been promising in the safety and its effectiveness for both children and adults.

## A Bipolar Overview: Discovering Bipolar

A typical day for a person begins with them waking up usually in the morning. They go about their day, doing routine activities such as going to work, meeting deadlines, attending meetings and dealing with all kinds of people.

In the person's home, they must do chores and spend time with family. Other activities must be done too including: going to the grocery store or church. Above all else, they must deal with different scenarios that they can welcome or resent. This all adds up to making the individual sick.

This is the type of day a person suffering from Bipolar contends with. Having the disease should not be hard to talk about but it is even if the person is seeking treatment

Once just called maniac depression, it was later changed to bipolar because of the two extremities of mood polarities. When people with bipolar suffer from extreme highs (mania) or from depression, then they are having what is technically called an episode.

### **The Four Episodes of Bipolar Disorder**

When a person is diagnosed with bipolar disorder, they will typically suffer from the four symptoms found in the disease: depression, mixed mood, hypomania and mania.

**Depression**- when this episode begins, the person is feeling sad and don't want to do the things they usually do.

**Mania** - this episode starts off as a high feeling, then becomes angry and irritable.

**Hypomania** - a milder form of mania. This can lead to either depression or mania. Can start as a good feeling.

**Mixed Mood** - means a person with feelings of depression and mania at the same time.



### Symptoms of Bipolar

Depression - feelings of sadness, hopelessness, worthlessness and guilt. The person either sleeps too much or too little and experiences changes in their weight or appetite. They will always feel tired, restless and cannot seem to make a sound decision. A worst case scenario includes the person thinking about suicide or death.

**Mania** - increase in the level of energy, racing thoughts, sleeps less, is easily distracted, excessive self-confidence, increase in talking, is focused by accomplishes very little and does unusual or extreme activities.

### Four types of Bipolar

There are four main types of bipolar disorder.

**Type 1** - Bipolar I involves manic and mixed episodes including major episodes of depression. The patient could suffer more than one episode for several days, weeks or even months. It seems seasonal changes do affect what symptoms the person shows.

**Type 2** - Bipolar II involves major episodes of hypomania and depression. A person's normal functions occur between these two episodes.

**Type 3** - Cyclothymic Disorder is a fluctuating disturbance in moods with hypomania and depression episodes. Considered the milder form since the episodes do not occur on a regular basis and when it occurs it happens on a shorter and less severe times.

**Type 4** - Not Specified is a treatable disorder where the symptoms shown by the individual do not fit into any particular category.

Bipolar has no known causes. Further studies are being done to find out for sure what causes bipolar disorder though some say genetics. Persons from all races and all ages can suffer from the disease. If a person is experiencing symptoms, they need to be seen by a physician right away.

## Medicine Or Talk Therapy: Common Bipolar Disorder

### Treatment

When someone is diagnosed with Bipolar, there are two types of treatments available. These treatments are called: pharmacological and psychotherapeutic. They usually will work so long as the person is following doctor's orders.

#### **Pharmacological Therapy**

This type of therapy refers to medicinal use. They are used to control outbursts and mood swings that are caused by mania and depression. Some medicines can also help in controlling severe anxiety attacks. Treatment in this area are divided into five separate categories.

##### **1. Anti-anxiety medicine and sedatives**

Sedatives are several different types. They usually provide relief to the individual with bipolar. It's used to give the patient the right amount of sleep he needs to get a night's rest. It can also be used to relieve trepidation and it helps in controlling manic episodes.

Hypnotics, tranquilizers, anxiolytics and benzodiazepines are several well known medications given to patients.

##### **2. Antidepressants**

These are widely prescribed to people who have bipolar disorder. There are several different types of antidepressants including:

A. Atypical antidepressants is one example that is not chemically related to other antidepressant medication. Medicines fitting in this category are: Wellbutrin, Desyrel and Rameron.

B. Monoamine Oxidase Inhibitors or rather known as MAOIs help to decrease the symptoms. These category includes: Manerix, Marplan, Nardil and Parnate.

C. Selective Norepinephrine Reuptake Inhibitors or SSRIs include Celexa, Paxil, Lexapro, Prozac, Luvox and Zoloft. These help concentrate on a neurotransmitter in the brain.

D. Selective Serotonin - Norepinephrine Reuptake Inhibitors help patient's who suffer from many of the symptoms that come with bipolar disorder. These do include: Cymbalta and Effexor.

E. Tricyclic antidepressants include: Anafranil, Elavil, Asendin, Norpramin, Aventyl and Adapin.

### **3. Antipsychotics**

This treatment is commonly referred to as neuroleptic drugs. These can be deemed as major tranquilizers because its mainly used to put patients under sedation. There are three antipsychotic drugs that include atypical, typical and dopamine partial agonists. Drugs that fall into this category are: Symbyax and Tetrabenazine.

### **4. Mood Stabilizer**

These are given to "minister" a person's mood. The FDA approved Lithium carbonate and it is the only in the mood stabilizer class. While there are more mood stabilizers in the market, none have been approved by the Food and Drug Administration. There are possibly consequences for using drugs not approved yet by the FDA so it is imperative that people talk with their doctor about their treatment options.

### **5. Calcium Channel Blockers**

These are used in patients to help drop their blood pressure so long as their disease is manageable. It is able to lower heart rate by slowing down the diffusions of electric activity. Three such drugs fall into this category - Dihydropyridine, Phenylalkylamine and Benzothiazepine.

Psychiatrists should prescribe medications and review treatment of a patient.

The second type of therapy for bipolar disorder is psychotherapy or rather "talk therapy". This therapy allows the patient to open up and talk about causes that could cause depression. This is also the time to talk about factors to which trigger occurrences of bipolar. If patient is aware of

## Understanding And Treating Bipolar Disorders

what causes depression events, then they can take steps to avoid certain situations or come up with reasonable solutions to evade the problem.

In psychotherapy... there are two kinds: Interpersonal therapy in which the goal is to help change behavior to have a positive effect with other people and cognitive-behavioral therapy which aims to appraise beliefs and feelings that can alter responses to different scenarios.

The most important thing to remember is patience. Bipolar is treatable though patients often undergo long-term medicinal therapy.

## Your Child And Bipolar Disorder: What You Should Know And What You Should Do

Most parents care about their children right off the bat. When they are a baby, parents are frantic about every little snuffle. It's normal for parents to worry about the kids. Parents should always be concerned about their children, not just physically but mentally as well.

Even at a young age, children exhibit symptoms of a disorder and while childhood growing up plays a part in that it is now being concluded that certain brain disorders develop at their young age, getting worse as they mature. As parents, it is important to be aware in the level of activity the child does.

There are many people out in the world today suffering some type of mental or brain disorder, something called Bipolar Disorder. This disease can affect the way a person functions socially and affects their day to day activities and chores. When a child is affected by it, performance in school, relationships with other kids and even their parents and siblings are all greatly affected.

Bipolar disorder is a disease which can cause severed mood swings or rather shifts. It is also called manic depressive disorder. It is a bit easier as a child for parents to recognize the symptoms of the disease. When a child has bipolar they will shift from unusually happy to extremely sad or depressed then back to extremely happy once again. All this within an instant for children. Symptoms of the disease can usually be seen in young adults. However, studies show young children can and do exhibit them too but parents are not well-versed in this disease and may miss the "warning" signs.

When a child is growing up, most parents feel that their child's behavior is a normal part of growing up. Yet, the missed signs can cause severe relationship problems with parents and siblings as well as friends and does effect their daily routine.

It is necessary to be aware of these bipolar disorder signs but especially in children (where, again, actions may seem normal.)

- \* Overly happy
- \* Too depressed

## Understanding And Treating Bipolar Disorders

- \* Increase in energy
- \* Loss of sleep
- \* too irritable
- \* fast talker
- \* Unrealistic beliefs in one's ability and powers
- \* poor judgment; and
- \* Aggressive behavior

As you can tell, bipolar children is very hard to detect. Some parents consider the behavior normal and think the children will outgrow the symptoms at a certain age. If you suspect your child may have it, watch their behavior and their moods. Should they shift suddenly, there is a possibility they could be bipolar.

Consult your child's physician as soon as possible so that may recommend a wonderful psychiatrist. This doctor will be able to diagnosis your child and start them on a treatment plan that will be right for them and for the family. Medications can be used to stabilize a bipolar mood.

It is important that the child seeks help because the long the diagnosis is not made, the harder it is on the family and the person suffering. It is possible all these could lead up to a suicide attempt.

An effective bipolar treatment means diagnosing it early. Take note of any unusual behavior in children and consult your pediatrician if anything seems out of the ordinary. With proper care and lots of support, parents can be assured their child will get all the help they need so they can grow up normally and function well in society.

## Considering A Long-Term Medication For Bipolar? Choose LAMICTAL

Many people around the world have been diagnosed with Bipolar disorder and are suffering from it. Yet, there are still many others that are undiagnosed. It must be said that the longer the disease goes undiagnosed, the worse it can get. So those who think they have the disorder should really be seen by a physician to get treatment and medication.

Individuals who suffer from this disease may think everything is normal. However, their family members and friends would be greatly affected by it. This is why it is so important to be seen by a physician. They can prescribe medications that can control and treat bipolar symptoms. Most medications for bipolar disorder have only a short-term relief but the Federal Drug and Administration (FDA) has approved a long term drug called Lamictal.

Lamictal is designed for adults with symptoms of Bipolar 1. Studies have shown that the medicine has been proven to prevent mood episodes for longer periods of time.

Your physician will be able to tell if this medication is right for you or not. With long term studies showing the medication staves off mood changes until the episodes need additional treatment, this medication can be beneficial for some patients. Since depression can last the longest, the medicine has been quite effective in keeping it delayed. The longest delayed effect has been 18 months.

### **Lamacil Side Effects**

Not all patients will be offered this medicine. Patients who do take the medicine may suffer from headaches, dizziness, double or blurred vision, sleepiness, nausea, lack of coordination, vomiting, rash and insomnia. In some cases, some have a rare skin side effect that will require hospitalization. Most often seen in children.

This is standard therapy for people 18 years of age and older. Despite its popularity, Lamacil's effectiveness has not yet been established.

To start using the medicine, you and your doctor will sit down and decide if it is right for you. There are kits available which makes it easier for patients to follow the prescription label. To achieve the best effect, take the medicine as prescribed.

## Understanding And Treating Bipolar Disorders

It is important to keep these things in mind:

1. Lamacil can be used before any episodes;
2. A lower dose will be prescribed and gradually increases over time.
3. If a patient is suffering from side effects, they need to speak with their doctor.
4. After a few weeks, you can start to expect to feel the full effect of the drug. If a patient experiences unexplained thoughts, they should go to the hospital right away.

Make sure you get the right medication when you are buying Lamacil. Getting the wrong medicine can cause very serious problems. Remember to check the labels and read the thoroughly.

After you and your doctor set a plan, be sure to follow it. This includes any medication that is prescribed. A patient with Bipolar must understand that this is a disease that simply won't go away. This is disease they will live with the rest of their life. They should have that understanding.

Do not stop taking your medicine unless your doctor advises you to do so. Also track your symptoms and keep a log book to show your physician. This will help him or her decide if you should continue Lamacil. Also track in the log book your moods and sleep.

Allergic reactions should be kept under check with Lamacil. For women, if you are planning a pregnancy or already pregnant, talk with your doctor first.

The goal to any medication is live a "normal" life.



## Pediatric Bipolar Versus Asperger's Disorder

Pediatric Bipolar Disorder and Asperger's Disorder are very similar in the way the two illness are treated because their symptoms are similar too. But what exactly are these two diseases and how are they similar?

Pediatric bipolar disorder, or better known as manic depression, is an illness that can present as a mood swings or mood cycling. Patients who suffer from pediatric type one tend to have episodes of mania with alternating with episodes of depression. Patients with pediatric type two experience the thralls of depression with alternating episodes of mania.

Asperger's disorder is associated with autism and is said to be a placid form of the illness. It's actually a type of pervasive development disorder that causes development issues especially where the areas of communication and social development are concerned.

What are the signs of depression and mania in Bipolar Disorder?

Depression signs include: anger, extreme sadness, sleeping too much and feelings of worthlessness. Mania signs are: rage, extreme happiness, increased energy, hyperactivity, distractibility, sleeping too little and obsessive behaviors.

The disorder is caused by four different factors. They are: neurological, biological, emotional and environmental. Yet not all of these factors can be found in every single case. Since little is recognized about the disorder, advances are still being made in this part.

### **What are the signs of Asperger's Disorder?**

Symptoms of this disease include: social skill problems, repetitive behaviors or odd habits, communication difficulties and limited range of interests.

The causes of Asperger's disorder is not well known but studies have shown that it does run in families...meaning it is hereditary. So this must mean that the disease is biological...so it is either neurologically interrelated or genetic, right? At current time, there are no answers to this question.

### **What are the similarities between Asperger's Disorder and Bipolar Disorder?**

Because of its similarities, Asperger's Disorder and Pediatric Bipolar Disorder are very similar and can cause a misdiagnosis. The symptoms that are similar are: odd habits, compulsive behavior and spells of rage. Both disorders tend to lack the social development skills as well as the educational, behavioral and anger issues.

Bipolar can be in combination with Asperger's Disorder and this is, most often, the case. However, it is not clear if the neurological effects that causes Asperger's disorder are related to the chemical imbalances that are thought to be the cause of pediatric bipolar disorder. As doctors' research continues in the area of neurological, technological and psychiatric issues, some answers should be forthcoming about the disease.

### **Asperger's Disorder and Bipolar Disorder - Treatments behind both illnesses.**

The treatments for both diseases are similar; yet there are no medications for Asperger's Disorder but there are medications to treatment the symptoms of it. Since the symptoms of Asperger's are quite similar to bipolar disorder, medications used for bipolar can be used for Asperger's Disorder.

With both bipolar and Asperger disorders, counseling treatments are used but with the medication. Most of the Asperger's patients don't get medication but counseling is required so patients can learn to cope with their diagnosis.

If you know of a child who may be exhibiting any behaviors mentioned above, they should be seen by a physician as soon as possible to be diagnosed. Once a diagnosis has been made, a plan for treatment can be developed. Any undiagnosed disorders for both can lead to real trouble for friends, family and the suffering child.

## Tough Yet Rewarding Ways On Loving Someone With Bipolar Disorder

When you give a bipolar disorder person unconditional love, it can be a tough task. It is never simple for them to express the love they have so they will shun you away.

It not easy for those shunned to loan a hand to those who may think highly of themselves. Yet, it is never uncomplicated to care for and appreciate someone who has been diagnosed with this illness, someone who has muddled thoughts and manners.

What people need to do is get an in-depth understanding of the illness. Learn what is happening to the one you love or you won't understand what it is they are going through.

After going through the understanding and getting associations with the illness, it should be time to work out a plan that should help you work out any problems.

### **First, recognize the symptoms of the disease**

This is not your fault. How your loved one became inflicted with the illness to the way he or she acts is never your fault. He or she will not have control over their actions. This may be especially hard when it comes to parents to understand particularly when young children are diagnosed. Learn to distinguish the indicators of the disorder. Does the person have sleeping problems?

Monitor his disposition, his actions and responses to people. Write it down so you know when and where it occurred.

Do not be mortified by the disease especially when the symptoms of it are showing.

Do not assume the disorder as a humiliation on your part. When you love someone, it means you love them despite the illness. You see past it. It's not an illness that can be cured and then reappears. It is omnipresent and treating it like so is better for the loved one. Remember the disease can be extravagance, just not cured.

## Understanding And Treating Bipolar Disorders

If you feel ashamed because of the infliction, then you are not helping him restore good health and letting him be worse than he is. Build the trust up! Trust is a big part of getting used to the disorder. They want you to conviction them and not send them to others for them to trust or be entrusted too.

Sometimes it seems you won't be able to love your loved one and it would be tempting to call the doctor or the police because you no longer want to care for them. Never say the words where they can hear them. It does more harm than good and it is bound to aggravate the situation even more.

Have communication lines open and honest. Always keep it open and have an ear pulled out for them when they want to talk. Once you acknowledge the symptoms, ask yourself what you can do to help Despite what good ways may seem like helping may not actually be. This is where communication is good.

Do not suppress how you feel. There are positive ways to tell the person how you feel without making them feel bad. Avoid niggling, preaching or lectures since negative actions can cause them to detach from you. Encourage him in a positive manner and making him realize that there is a rainbow at the end of the darkness. Basically, be gently and reassuring.

Do not serve your loved one because it can suppress what he or she can do. Let him think of solutions to the problems he sees himself. Let him live his own way. He will feel better about himself if he does.

Above all else... give him or her your love, understanding and support.

### **Different Scenarios of Bipolar Disease Symptom**

If someone asked you right now how to explain bipolar disorder, could you do it without getting them completely confused? Bipolar disorder is almost always associated with mood alternating back and forth from depression to mania. However, this is not always the case. The truth is the main symptom and characteristic of this disease lies in the ability to bend time in ways even Einstein could never have dreamed of.

## Understanding And Treating Bipolar Disorders

Bipolar disorder scenarios are similar to that of a stoplight where cars are bumper to bumper and stuck. The world seems moving sluggish and people are dull witted in pleasing you. You might feel frustrated should someone take advantage of you and occasional burst into a rage.

During the beginning, you may see cars that will allow you to weave in and out of traffic. Then you may see cars that won't even let you pass because they are so stacked, so close to one another. Eventually you will get stuck that you'll end up slamming your head against the dashboard in extreme anxiety, needing to get out but can't.

Then the situation can be reversed. You can be standing absolutely still. Then your mind becomes engaged with some activity that trying to switch to another activity is clearly impossible. It is like standing in the shower until the water runs cold before you can do anything else. In some extreme cases, when you wake up, you can't seem to leave your bed.

A person who has bipolar can react faster and produce faster. Suppose you are batter facing the pitcher, picture in your mind that the ball is approaching you, from there, you can already calculate where they ball's path is going to go. Then when the ball is at you, you can give that ball a good smack with the bat.

However, even these things do not stay constant. No doubt the clock will speed or wind down. During your speedy mode, you swing at the ball a bit too early but you can still cope with these missed bats by doing it over and over and over again. You burst into a rage because you feel it is taking forever for the ball to get to you... when it really isn't. You focus now on your anger and take it out on the bat, the ground, or perhaps the person who is closest to you in the moment.

Nothing seems to be going right. At least that is what your mind is telling you. Everything and everybody has turned against you even God. Even computers are throwing up roadblocks and developing new ways with numbers to keep you down. The situation is too much and you begin to break down and cry.

You don't forget those moments of standing still; those times in the shower and under the covers. You even remember when you had

## Understanding And Treating Bipolar Disorders

energy. In your mind, everything was possible and still is. Space does not have enough room for everything you wanted to do. Everything could turn into something different and you could experience a new world you owned.

These symptoms described can be attributed to bichronicity instead of bipolar disorder of manic depressive. This type of person can experience a wide range from super speed to complete stand still. Some days are more hyper in activity, others are lazy days. You can begin something huge and then drop it the next second.

No matter how bad it may seem, bipolar disorder is treatable with medication and talk therapy. It is a slow and long process that needs the patient's cooperation.

## **Bipolar And Schizophrenia: Are Both Disorders The Same?**

Available today are treatments for both illnesses that can successfully help in managing bipolar disorder and schizophrenia. Psychotherapy along with medications that can change the chemistry of the brain go a long way in managing the illnesses.

The medicines along with talk therapy sessions help to stabilize the functions in the brain thus lessening the signs and symptoms effects.

Note: Remember that since bipolar disorder and schizophrenia are very close together in the way they present themselves, it is not hard for even a medical professional to mistake them. Medicines given for one when the patient has the other disease will not work. This is when the patient would need to speak with the physician about the issue. If he or she is unable to speak about it, a trusting relative should.

One of the more popular drugs given to schizophrenia patients is Clorazil. It designed especially for schizophrenia and should never be given to bipolar patients. It is intended for them to get their brain functions under control.

Those who suffer from bipolar disorder are often prescribed Lithium which is a very effective drug that keeps manic episodes from reoccurrence. For those who have fast cycling bipolar illness, specialist like to give Valproic acid. This can be good for regular cycling bipolar too.

It is important that a person suffering from either these two diseases or a trusted friend or relative choose a doctor that can be entrusted to care for the patient or loved one. They must be well-recognized in the field of mental illnesses. By choosing the right doctor, the patient will get the right form of treatment necessary for their recovery and medications to help it along.

Schizophrenia and bipolar should be diagnosed as early as possible for the treatment to be more valuable. Since these two mental diseases can cripple your life and make you an "unproductive" member of society, it is best to get treated as soon as you or someone else suspects something. If not, it will worsen over time and greatly affect how you live, work, and relate to friends, family and the outside world.

## What Are The Symptoms Of Bipolar Disorder?

Despite what some people think, there are tons of people who have suffered bipolar disorder and there are many people now suffering from the disease. Celebrities and past figures can suffer from the disease as well. People often wonder, when they hear people saying that have the disease, how they know they are inflicted with it?

### **Parts and Symptoms to Bipolar Disorder**

There are two parts of bipolar disorder and two different symptoms sets of the illness. The symptoms manifest and show themselves during one of the two parts...mania and depression. Think of the north and south pole...these two parts are as different as they get.

### **Energy levels**

The most noticeable difference in the disease is the energy level. When suffering from depression, the sufferer will lack energy and suffer from fatigue. They may even seem slow in responses. When they are suffering from the mania side of the disease, energy levels are off the charts and they do more amounts of activity.

### **Self esteem issues**

Self-esteem issues are also prevalent. In mania, the person thinks they are high and mighty making them become reckless but a depressed person thinks they are unworthy and feel guilty. This can sometimes lead the person to be indecisive

Depression and mania symptoms of the disease greatly differ because the themes behind them are. Symptoms of depression include: slowness, dull, small, introverted and hopeless. With mania symptoms, things can become overblown, huge, fast, outgoing and full of impossible dreams.



### Concentrations levels

It would seem on the surface that bipolar symptoms are very close in relation. Concentration levels of both can be looked at as being the same because depression concentration is poor while mania is hyperactive. Both have problems with the thoughts in their head. The only difference is the person with depression has fewer thoughts while a mania sufferer has racing thoughts.

### Sleeping patterns

Even sleep cycles are messed up for both types of sufferers. It can cause severe problems for them in their life. During depression, the person will not care if they sleep or not. When they do sleep, they will sleep long intervals. When they don't sleep, it can be awhile before they crash. For a person suffering from the mania side, the less sleep the better is how they feel. These sufferers can go days without resting.

Because the symptoms of this disease appear on each side of the spectrum, there is even more concern about their reactions during both types. During depression, the person will likely think about death, suicide and might even plan to commit suicide. Yet, the manic sufferer can have their own thoughts of delusions with bizarre perceptions with both audio and visual illusions.

Should a person really suffer from bipolar disorder, then they will suffer from some, most, or all symptoms of the disease from both sides of the spectrum.

And since this illness can be severe and have life-altering repercussions, it is extremely important that they or the people they love in their life learn what the symptoms are and seek treatment as soon as possible

## A Complete Guide To Bipolar Illness

Bipolar disorder is also known by manic-depressive illness. It's characterized by incidents of serious depression along with mania. It's seen when there is a sudden mood swing of a person that can unexpectedly change from happy to sad to irritable and back again. This cycle repeats itself. This change of depression to mania and vice versa can happen within a short amount of time. The person's patterns for the illness will show through to others around them. Being able to tell this pattern and seeing it will help in the next stage of the person's disease.

No doubt there are definite signs from when a person goes from a mania state to depression state. When they are in the state of mania, bipolar illness can be familiar through these symptoms.

- \* hyperactivity which can lead to restlessness and rapid talking
- \* extreme feelings of high
- \* excessive irritableness
- \* belief in unrealistic powers
- \* lack of or poor judgment
- \* increase of sexual urges
- \* abuses alcohol and other drugs
- \* aggressive behaviors
- \* denial that anything is wrong with him or her

Yet, when a person is suffering from depression, the disease can be known through these signs.

- \* persistent sadness or anxious mood
- \* pessimism
- \* uncharacterized feelings of unworthiness and guilt
- \* low sex drive
- \* exhausted even though there is a lack of physical activity
- \* energy level decrease even with day to day activities
- \* lack of or poor judgment
- \* decrease in appetite

## Understanding And Treating Bipolar Disorders

- \* chronic pains not due to physical activity
- \* suicidal thoughts or tendencies

The illness is thought to generate in the teenage years and is carried right through the person's life. The difficult behind this disease is that it not easily seen as an illness but rather noted as an attitude or hyperactivity problem. Many kids diagnosed with ADD (attention deficit disorder) or ADHD (attention deficit hyperactivity disorder) may be incorrectly diagnosed or rather need bipolar treatment in conjunction with ADD/ADHD. It is because of the lack of knowledge that some incorrect diagnosis leads some bipolar sufferers to abuse drugs and alcohol, have bad relationships, have poor job quality or job skills and some have suicidal thoughts. It is currently thought that nearly two million Americans suffer from bipolar disorder.

In its early stages of manic-depressive disorder, hypomania does take place. The person, in this stage, shows an extreme high energy level that can lead to impulsive, not to mention, reckless behavior. The bipolar patient will deny he is doing anything wrong and in his mind, he is correct. For those around him, they can recognize the improbable behaviors the person exhibits.

Another common problem with getting the right treatment for those who suffer from bipolar is the misdiagnosis because early signs can be attributed to alcohol or drug abuse. In later stages, the person can suffer a full clinical depression or breakdown.

Medicine is used to treat the disease. Most often, doctors will prescribe the drug Lithium, which is helpful in controlling mania and the reoccurrence of mania and depression. Scientists have also tested anticonvulsant medicines for the process of kindling. Kindling is the process in which sensitivity to stress by the brain results in abnormal behaviors and activities. Lithium has been found to block the process in the early stages... other medicines which are carbamezepine and valproate work in the later stages. These treatments have been approved by the FDA (Food and Drug Administration). Electroconvulsive therapy is great for those where medications will not work, mostly in severe cases of the disease.

## Living Your Life In Advantage Even With Bipolar

In order to become successful in life, it is quite essential to be healthy and wise. While any sort of physical restrictions of the body can be fought with and dealt with, the central processing unit of our body that is our brain needs to be absolutely perfect in order to live a happy & successful life. For all our errands what we primarily need is a sharp brain so as to understand our environment and act promptly & make well evaluated decisions.

Along with a perfectly working brain, what we need is a control over our emotions. Being over excited or unduly angry all the time would not help us in any way. Quoting in the right terminology all our psychological factors must be balanced enough.

And what if you discover that you yourself have or some of you known to has a brain disorder? One such common brain disorder is bipolar disorder. This disease not only effects our emotions and decisions on daily errands, in extreme cases it can lead to suicides as well.

Here are some facts that you must know about this brain disorder:

1. Those suffering with the bipolar disorder often compare their life to the roller coaster ride. Their life is full of immense highs & extreme lows.
2. While as such there is no perfect cure known for this disorder, there are several ways to control the growth and the mood swings that occur. These methods have helped a lot of patients to live healthy and prolonged life.
3. In case you are constantly not able to do the things well enough; in case you feel that your mind is going dull & that you feel virtually hopeless and useless; in case you no longer relish humor; if you have become uncontrollable, irritable, frightened & angry – then you are suffering with the bipolar disorder.
4. Other key symptoms of bipolar disorder are excessive shyness, intense interest in seduction/sensuality, strong sense of ease, power, euphoria & omnipotence.
5. While many people think that these are just temporary symptoms, it is always advisable to go for medical attention.
6. Before it gets too late, the attention towards such ailment must come as fast as possible, to avoid all unwanted & disastrous results.

## Understanding And Treating Bipolar Disorders

In case you find such symptoms in yourself or some of your family members, instead of getting despaired and feeling hopeless, you must start working on the therapeutic resources. Some of these resources are as follows:

### 1. **Bipolar Advantage** – a book that helps you get through with Bipolar Disorder

Written by Tom Wootton, this book explains all the essential and advanced aspects of the bipolar disorder. While ailment cannot be seen as an advantage, with a two years research Tom Wootton in this book explains a true positive approach towards this condition.

Some of the key features of this book are as follows:

- i. Bipolar Advantage primarily helps you accepting the situation and further guides you through the struggle to become a better individual.
- ii. This book talks about Introspection – that is how to change your habits to accentuate the positive aspects, and working towards minimizing the negative ones.
- iii. The book explains a step by step plan to do so. First you must create & accomplish a vision that is what you want exactly. Next, you formulate a plan so as to achieve your goals.
- iv. Tom Wootton was once misdiagnosed as a patient of bipolar disorder. That way he had a first hand experience of both sides of the disorder - good as well as bad. Henceforth, he has learnt and developed several methods to cope with the situations arising due to this disorder. He now also conducts seminars for the benefit of the patients suffering with bipolar disorder.
- v. This book consists of Tom Wootton's personal experiences and several case studies to better explain the therapies and another related aspects of the disorder, almost in the real life situations.

### **2. Surf through the Bipolar Websites**

The World Wide Web or the internet is nowadays the richest source of information that you must bank on. A popular website known as Bipolar Advantage deals all the aspects of bipolar disorder that is all goods & bad. The website is a good source that would provide you all sorts of information needed regarding the ailment. The website also focuses strongly on the situations, symptoms and treatments of the disorder.

Besides, this you can go on your choicest search engine and look for further information regarding the disorder. As the experts advise, it is all the worth spending your time and energy in this sort of a patient research.

### **3. In Audio**

With the help of a computer and internet connection at home, the patients suffering with bipolar disorder can make use the modern technology that is, the radio (that operates rather effectively with a flash player loaded in your computer). Through internet, you can log on to this therapeutic radio at your convenience.

## Helpful Tips To Newcomers On A Bipolar Chat Room

Bipolar disorder is diagnosed in time is surely controllable. Its treatment involves a lot of medications but above all the therapies are important. It is all about the patient's and his families' attitude - that is they must have hope that the patient would get fine & normal very soon.

To fight with this kind of stress and indecisiveness there are several ways available in the modern era like surfing through the useful websites or getting in to the bipolar chat rooms.

These rooms give you a pedestal to talk your heart, the problems and get their solutions. In these chat rooms you shall meet the bipolar disorder patients, their families & their loved ones trying to find out a way to lead a normal & healthy life again. Here you shall meet people of all backgrounds, personalities, ages, religions & nationalities. So the key word is to have fun and relax.

Here are a few tips that would help the new comers entering these rooms:

1. Initially your mind must be flooded with the concerns and questions. You are advised to focus well and write down the specific questions before getting in to the chat room.
2. Irrespective of your present condition, the bipolar chat rooms serve you great benefits indeed. At what so ever stage you may be depressed, manic, or plain silly – just talk it out to somebody in your chat room.
3. Just like you talk to anybody in the room, soon you could be frank with it with the professionals.
4. Remember, while chatting, use lot of humor else the listener might not show any interest.
5. In case you have any doubts, observe the other people talking and then start the chat at your end.

## Understanding And Treating Bipolar Disorders

6. Do not feel embarrassed or shy while chatting in such rooms because almost all the people there undergo similar highs & lows, just like you do.
7. At times to feel relaxed and get rid of the feeling of loneliness, you can try reading through what the others are chatting and not being a part of the conversations. Many people do this. It is like being in an online coffee house. You can also relish the virtually served coffee & donuts on your computer monitor.
8. However, just like any other phenomena in life the bipolar chat rooms have some negatives too. In case you come across some occasional aggravation where a person is trying to bug you constantly, the simple solution is to click on the 'ignore' button. This way you would no longer be able to read what he/she writes and whatever you write would be hidden from that person.
9. For any chat room online,. You must understand the basic lingo. Some of the simple terms there in are:

PDOC : Psychiatrist

TDOC : Therapist

LMBPAO : Laughing My Bipolar Ass Off

Cyl : See You Later

Brb : Be Right Back

Lol : Laughing Out Loud

Cyber hugs : ((( )))

10. Just like any other chat rooms online, the bipolar chat rooms have certain rules, chatiquette, and guidelines. Usually every bipolar chat room has host/hosts. They are not doctors and neither do they pretend to be one. The hosts are not available on a 24-hour basis yet they are often there as per the schedule. Hence, it is a moral responsibility to maintain the environment of the chat room conducive enough for one and all present there. Therefore, the usage of 'ignore' button in case of any bad element bothering the scene is quite encouraged.



## Understanding And Treating Bipolar Disorders

11. By default the chat room server give the name 'guest'. However, having your nick name makes it easier for people to approach you and you can also know the people better this way. This makes the acquaintance easier, faster and smoother.
12. It is easy to enter you nick name and get a password as the website properly guides you through the log-in page with the help of guidelines. The application forms asks you usually about the following:  
  
Your name  
Desired nickname  
Email address
13. Next check you mail box, especially the bulk folder to see the password issued to you by the website. Any how, getting this mail on your mailbox or the bulk folder depends on your way operating your mails and your internet service provider.
14. Once you are able to log-in the bipolar chat room successfully, you can change the password as you desire.
15. Remember that wishing a hello is a usual & decent way of welcoming a newcomer in the chat room so do not be overwhelmed with those thousands of hellos.
16. It is advisable to read through what's going on in the room and check who you want to speak with. This is especially useful for the shy individuals who do not feel comfortable in a very direct approach.
17. Always feel free to talk to the host and express everything about yourself.
18. Try suggesting a topic to talk about and you shall surely get some good responses.

## Understanding Bipolar Disorder Symptoms

In order to become successful in life, it is quite essential to be healthy and wise. While any sort of physical restrictions of the body can be fought with and dealt with, the central processing unit of our body that is our brain needs to be absolutely perfect in order to live a happy & successful life. For all our errands what we primarily need is a sharp brain so as to understand our environment and act promptly & make well evaluated decisions.

Along with a perfectly working brain, what we need is a control over our emotions. Being over excited or unduly angry all the time would not help us in any way. Quoting in the right terminology all our psychological factors must be balanced enough.

And what if you discover that you yourself have or some of you known to has a brain disorder? One such common brain disorder is bipolar disorder. This disease not only effects our emotions and decisions on daily errands, in extreme cases it can lead to suicides as well.

The bipolar disorder symptoms can be broadly categorized in to three main heads. These are as follows:

- i. Manic Symptoms
- ii. Psychotic Symptoms
- iii. Depressive Bipolar Disorder Symptoms

In case you find any of these symptoms growing, it's just the time to consult the psychiatrist.

There are several manic, psychotic and depression symptoms of bipolar disorder. These are as follows:

1. They share their feelings quite openly.
2. Everything in their life is far grander, faster, & generally bigger than usual.
3. The person in this state is generally quite active than usual.
4. Such patients speak and think very fast, at least faster than their usual self.
5. Everything about their life seems to be exaggerated, may it be their overwhelming feelings of self importance.

## Understanding And Treating Bipolar Disorders

6. They have very grand schemes & look for adventures in their works. Whenever their plans to grandeur do not work out, they blame some extraneous factors.
7. Within no time people with such disorders move to other plans.
8. All these accumulate to a very whimsical behavior on their part.
9. Maniacs tend to be very reckless.
10. Their actions go so far that they can at times land up to a jail and/or they often have broken relationships.
11. While these symptoms just seem to be abnormal behavior on the part of the individual, it is certainly an alarm for a major problem that is bipolar disorder and you must check with your psychiatrist and/or physician regarding the same.
12. A person suffering with bipolar disorder feels just too little or absolutely no need for sleep and/or food. This marks the beginning of the severe manic state. While some individuals are able to resist such a stage, usually like all human beings our body needs rest and sustenance to keep healthy.
13. The psychotic bipolar disorder symptoms often culminate to mania along with mixed moods & occasional depression symptoms.
14. Psychosis refers to some break with reality. It can occur in varied forms like hallucinations, both auditory (that is hearing voices, etc.) & visual.
15. Delusions, and/or false beliefs are other bipolar disorder symptoms. Like, a person starts believing that he/she is some famous figure from the history.
16. The symptoms of bipolar disorder are usually depression and can be seen easily only if one is willing to do so. The key signs of depression are apathy, indecisiveness & low self esteem.
17. The physical symptoms of depression in bipolar disorder are weight loss or gain, fatigue & eating and/or sleeping quite less or more than usual. The patients of this disorder always seem to be telling the people around them that they are not well physically.

## **Bipolar Disorder – Symptoms And Effects**

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Here are some facts that you must know about this brain disorder:

1. As the name is withdrawn rightly, the disorder has two key phases - mania and depression. All the symptoms, ailments and effects of this disorder primarily belong to these two aspects.
2. This disorder is found equally among men and women.
3. Out of the world's total population, around 1% suffers with the bipolar disorder.
4. Mania is found in two main divisions: hypo mania & full-blown mania.
5. Hypomania is a state where the individual possesses quite intense energy & is able to yield unusually high productivity. Ones who remain until this stage turn out to be great salesmen and high powered businessmen. Yet, the danger remains as many of the hypo-maniacs are just of the verge of being full blown maniacs.

## Understanding And Treating Bipolar Disorders

6. The full-blown maniacs' actions are rather devastating. Individuals suffering with bipolar disorder often become subject to the full-blown mania where they start making unnecessary moves in their business. Their actions yield far more losses than benefits, they themselves are never able to note this.
7. Patients of bipolar disorder almost never consider the results of their actions. They would spend money just like anything unconsciously. The money that they might have saved for some basic necessity for home or business, they might land up pending it in something just not required. They would sign the cheques irrespective of the fact that there is money in the account or not.
8. Such patients often become too generous and gift away their treasured items or things that they just can not afford to give away. Though, later they also regret their actions.
9. In an acute manic state the bipolar disorder can be characterized by overly gregariousness of the individual. They become extra ordinarily outgoing and do not realize whether their company is good or bad. This could be quite dangerous as getting in touch with some unwanted and unethical people can also land up in several irreversible problems such as sexual exploits, henceforth pregnancy, sexual diseases, or hampered relationships.
10. In extreme cases the disease suffering with bipolar disorder lands up in a phase of psychosis. This is the time when the patient has bizarre thoughts, like delusions and hallucinations. At this time the patient loses the senses of his/her immediate environment and is not able to make out the difference between realism & hallucinations. So he /she become so vulnerable that they can not even save themselves from natural calamities.
11. Often the mania cases land up to a phase of depression. Such individuals seclude themselves from their loved ones & acquaintances and many a times become bed-ridden for days together. Their sleep, appetite, energy level, etc. everything gets deeply effected.

## Understanding And Treating Bipolar Disorders

12. One of the major dangers in bipolar disorder when the person goes in to depression is that they become suicidal. Hence, when the patient is in the phase of depression he/she must be guarded thoroughly.
13. Many adults & teenagers try to cope up with their bipolar disorder with other prolonged diseases like alcohol and drugs. Such cases are medically termed as - dual diagnosis. Such addictions complicate the patients' condition and make the treatment rather more difficult. However, with the changing scenario of our society this has almost become a common factor.
14. While individuals dealing with bipolar disorder have a lot many problems to handle, they can be optimistic due to the fact that several ways have been worked out for them to get cured and get a hold on themselves, like medications, therapies, routines, etc.
15. Well, in case you are now worried about some your relative or friend that they won't be cured of the bipolar disorder, don't be, because there have been several cases where such patients have been cured and now they are leading very happy and successful life.
16. However, you must understand that this disease can be controlled but not cured for life. First of all such patients and their families must understand that bipolar disorder is a long term disease that requires life long treatment. With medication & psychiatric therapy, these patients can lead a happy and controlled productive life for sure.
17. In case you suspect any of your family members or friends to have any mental disorder, you can help them by taking them to a psychiatrist as soon as possible. Wasting more time could lead to the disease becoming incurable.
18. Bipolar disorder often develops in the adolescence or early adulthood. In some cases, individuals also show early symptoms of this disorder during their childhood. While there are some who develop the bipolar disorder later in their life.
19. When the patient of bipolar disorder becomes suicidal, you should immediately take him/her to the doctor and go ahead with some urgent remedies.

## Understanding And Treating Bipolar Disorders

20. Make sure that you do not leave any such stuff near the patient with which they can harm themselves like, the medications that they can take over doze of, or elements like knife, scissors, weapons, etc.

Some primary symptoms of bipolar disorder are as follows:

1. Dramatic mood swings like being overly happy, being irritable, hopeless or extremely sad.
2. Increased energy & restlessness
3. Quickly distracted
4. Racing thoughts
5. Talks unusually fast
6. Jumps from 1 idea to another
7. Little sleep needed
8. Spending sprees
9. Poor judgment
10. Unrealistic belief on their abilities
11. Increased sexual drive
12. Drug abuse, like sleeping medications, cocaine and alcohol abuse
13. Aggressive behavior
14. Denial that there is anything wrong

## Bipolar II Disorder - 13 Points To Remember

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Along with a perfectly working brain, what we need is a control over our emotions. Being over excited or unduly angry all the time would not help us in any way. Quoting in the right terminology all our psychological factors must be balanced enough.

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1. As the name is withdrawn rightly, the disorder has two key phases - mania and depression. All the symptoms, ailments and effects of this disorder primarily belong to these two aspects.
2. This disorder is found equally among men and women.
3. Out of the world's total population, around 1% suffers with the bipolar disorder.
4. Mania is found in two main divisions: hypo mania & full-blown mania.
5. Hypomania is a state where the individual possesses quite intense energy & is able to yield unusually high productivity. Ones who remain until this stage turn out to be great salesmen and high powered businessmen. Yet, the danger remains as many of the hypo-maniacs are just of the verge of being full blown maniacs.
6. The full-blown maniacs' actions are rather devastating. Individuals suffering with bipolar disorder often become subject to the full-blown mania where they start making unnecessary moves in their business. Their actions yield far more losses than benefits, they themselves are never able to note this.



## Understanding And Treating Bipolar Disorders

7. Patients of bipolar disorder almost never consider the results of their actions. They would spend money just like anything unconsciously. The money that they might have saved for some basic necessity for home or business, they might land up pending it in something just not required. They would sign the cheques irrespective of the fact that there is money in the account or not.
8. Such patients often become too generous and gift away their treasured items or things that they just can not afford to give away. Though, later they also regret their actions.
9. In an acute manic state the bipolar disorder can be characterized by overly gregariousness of the individual. They become extra ordinarily outgoing and do not realize whether their company is good or bad. This could be quite dangerous as getting in tough with some unwanted and unethical people can also land up in several irreversible problems such as sexual exploits, henceforth pregnancy, sexual diseases, or hampered relationships.
10. In extreme cases the disease suffering with bipolar disorder lands up in a phase of psychosis. This is the time when the patient has bizarre thoughts, like delusions and hallucinations. At this time the patient loses the senses of his/her immediate environment and is not able to make out the difference between realism & hallucinations. So he /she become so vulnerable that they can not even save themselves from natural calamities.
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## Bipolar Online Quiz

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## Understanding And Treating Bipolar Disorders

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## Understanding And Treating Bipolar Disorders

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17. In case you suspect any of your family members or friends to have any mental disorder, you can help them by taking them to a psychiatrist as soon as possible. Wasting more time could lead to the disease becoming incurable.
18. Bipolar disorder often develops in the adolescence or early adulthood. In some cases, individuals also show early symptoms of this disorder during their childhood. While there are some who develop the bipolar disorder later in their life.
19. When the patient of bipolar disorder becomes suicidal, you should immediately take him/her to the doctor and go ahead with some urgent remedies.
20. Make sure that you do not leave any such stuff near the patient with which they can harm themselves like, the medications that they can take over doze of, or elements like knife, scissors, weapons, etc.

Many people shy away from accepting their mental illness. You must understand that having some mental illness does not mean that you are insane. Get rid of this misconception and do not feel scared in case you are detected to have bipolar disorder, neither it is something to be ashamed of.

Many a times people have this disorder they are never able to understand their ailment. With out the right professional attention, bipolar patients would be deprived of the right treatment and/or medication and their symptoms would henceforth grow more. Bipolar disorder is incurable; yet controllable and can be stabilized.

## Understanding And Treating Bipolar Disorders

Bipolar disorder is quite less known among the general public. In fact, the surveys have proved that many people do not even want to think of the mood disorders. Among every 5 respondents, 80% didn't even address bipolar disorder as an ailment. Most of the college students & people in the 40's were aware of this disorder, but the other age groups have little or no knowledge about the bipolar & mood disorders.

The World Wide Web or the internet is rich source of knowledge to seek help. Try observing the symptoms you exhibit, and in case you think that might have this disorder, search the online quizzes. Many sites these days feature bipolar quizzes. You can use the search engines such as Google & Yahoo to help yourself.

Various online depression quizzes would help you find out the differences in symptoms associated with the bipolar disorder. Once you have tried some of the quizzes, you would get the result easily.

The bipolar online quizzes generally focus on the following questions:

- Do you suffer extreme changes in the mood?
- Does some of your family member have bipolar disorder?
- Do you experience the symptoms in some intervals?

While quizzes cannot give an absolutely clear picture of the ailment, mild mood fluctuations are a part of life that are just normal to have. Yet even after this self-evaluation, you believe that you are suffering with bipolar disorder, then consult a doctor, therapist, or psychiatrist before it gets too late.

You must understand that bipolar disorder become uncontrollable in case it is detected very late. It is always advisable to go for a professional diagnosis before you jump to any conclusions.

## Are You Too Moody Or Are You Going Nuts? Analyze With A Bipolar Test!

In the absence of research and development many medical ailments were earlier treated as incurable mammoths. Bipolar Disorder is one among them.

Earlier the individuals suffering with this kind of disorder was often regarded as a 'very moody person' or in extreme cases the family wrote them off saying that they have become insane. Later on the scientists made us realize that this disorder is a – Manic Depression, also known by the name of - Bipolar Disorder.

Though this disease is not new, along with the name many other things regarding this disease are quite new like the help we can lend to such patients. As its effects can be very wide spread and deadly, the treatment is as crucial.

This ailment is too dangerous as its patients can also become suicidal. Here are some important features of this ailment:

1. The bipolar disorder is illustrated by the extreme mood changes that is the person acts manically euphoric and/or extremely depressed. Hence it is also called as the manic-depressive illness.
2. The mood fluctuations in such patients can go to any extremes with in any period of time that is hours, days and/or months.
3. This ailment can take place right from the late teenage stage and continue until death. However, there have also been cases where the ailment started right from the childhood and got delayed up to the adult years.
4. While mood swings happen with all of us now and then, very few actually experience the radical changes that can be characterized as bipolar disorder. In such cases the patients' day-to-day life and relationships are also significantly affected. Their academics, occupation, interaction with others all happen differently.

## Understanding And Treating Bipolar Disorders

In case you want to check if you are afflicted with the unfortunate situation, read through the symptoms & signs of the disease carefully:

### Signs & Symptoms in the Depressive Phase

1. Pessimistic – the patient cry for hours together
2. Feeling of hopelessness
3. Low self esteem
4. Diminished libido
5. Progressive decrease in the energy level and the day to day activities
6. Apathetic
7. Anti-social
8. Cognitive difficulties
9. Always anxious and irritable
10. Changes in weight that is unusual weight gain or loss
11. Either oversleeping or insomnia
12. Drug abuse or alcohol abuse
13. Suicidal ideations

### Signs & Symptoms in the Manic Phase

1. Extremely euphoric
2. Aggressive
3. Impulsive, irresponsibly wild
4. Excessively adventurous & involved in activities which are quite threatening to life like drugs, sex, excessive spending, violence, etc.
5. Insomniac
6. Flight of ideas
7. Exceedingly talkative
8. Very outgoing
9. Self-centered
10. At times have hallucinations or delusions
11. Easily distracted, restless
12. Patients have no idea as to the problems their behavior is creating

## Understanding And Treating Bipolar Disorders

In case you suspect to have any of these symptoms and your abnormal behavior is causing problems in the errands, its time that you must seek professional help in order to lead a normal life again.

While there are numerous tests that are able to differentiate the bipolar patient from the unremarkable sad and/or brisk individuals, as such there is no specific test available to define bipolar patient. The primary reason for this is that the symptoms & signs of bipolar disorder are pretty similar to several other mental aberrations such as substance abuse disorders, ADHD, schizophrenia, or borderline personally disorder.

However, the physicians have drafted a battery of tests that can identify the potential patients of bipolar disorder. The basic tests used by the professionals are as follows:

### **1. Medical Examinations**

With this type of examination the doctor is able to assess the patient as to what are his/her probable grounds of mood swings.

### **2. Oral & Written Psychiatric Questionnaire and/or Evaluations**

Well researched and designed by the psychiatrists for years together, these questionnaires often yield very accurate details.

### **3. Family History**

When the bipolar disorder is there a person's blood relation, he/she is quite a prospective patient of the disease.

### **4. Medical History**

Here the doctor checks on the medications that you have taken in the past as certain medicines can trigger bipolar disorder and the mood swings in the individual.

### **5. Interviewing the family members**

The doctor interviews the family to scratch out each every minute detail of the patient's behavior. Being the first witness of the changes in the individual, these are a very important excerpt for the doctor to cure the patient of bipolar disorder.



### 6. Mood Swing Episodes

While all above mentioned test create quite a profound ground for the doctor to understand the ailment of an individual, it becomes rather difficult to cure the person when he/she is not able to understand that they are ill. Hence, it becomes imperative to the doctor to trace the absolute & careful history regarding the patient's mood swings. As compared to the normal people, the people suffering with such an ailment while in the mania stage can be extremely happy for at least 4 consecutive days at a stretch. They get distracted quite easily, they are very talkative, and have a high flight of ideas.

### 7. Depression Episodes

The ones who have repetitive episodes of depression are often suspected to have the bipolar disorder. Such patients show a very positive response to the immediate treatment but the episodes remain constant and the frequent relapses make the situation rather worst. By and by, they stop responding to the anti-depressant treatment being given to them.

In case this sort of ailment is diagnosed in its early stage, it can be controlled effectively with a combination of the psychopharmacologic medications & psychotherapy. Besides the treatment, a very strong & constant emotional support from the family & friends is indeed imperative for the patients suffering with bipolar disorder.

Make sure that you choose the apt medical professional and/or real friend in need to help you through the struggle. Help nowadays is also available just a click away on the World Wide Web or the internet. Many institutions now have established their websites for self of such individuals.

Remember, one who is suspected of any mental disorder is considered innocent until & unless he/she is examined & diagnosed by some legitimate doctor.

## Causes Of Bipolar Disorder – 11 Points To Remember

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Here are some facts that you must know about this brain disorder:

1. Bipolar disorder is not just caused by any single factor. Like several fibers come together to intertwine a cloth, varied pressures in our family, social and professional life culminate to such an ailment.
2. The medical experts believe that having a patient of bipolar disorder in the blood relatives does not surely mean that you would have this disorder yet it increases the chances of the same. Similarly, having no history of such disorder in the family does not certify that you won't have this ailment.
3. All in all fortune is the key to escaping just any ailment or disease.
4. Bipolar disorder can be characterized by the cyclical mood swings that can initiate at any age that is adolescence or the later years of life. Here have also been several cases when the young children have been afflicted by the bipolar disorder.
5. This disorder does not spare just any gender, race, ethnicity or the social class.

## Understanding And Treating Bipolar Disorders

6. In order to treat the bipolar disorder the medical experts use an amalgamation of anti-depressants, mood stabilizers, anti-psychotics or anti-manics and psychotherapy.
7. There are some usual biologic similarities in the bipolar disorder patients. These can be proved by the tests & imaging scans. Such patients manifest over production of the stress hormones known as cortisol; hyperactivity over and above the usual behavior that shows up with unusual movements & emotional functions; reduced functioning of brain activities in some regards linked with the cognitive functioning; fast biological clock (that regulates our body's circadian rhythm – to be precise the cycle of waking & sleep); and severe flooding of calcium in to the brain cells.

While these were some general and basic facts about the bipolar disorder, the experts have defined the basic factors of bipolar disorder as follows:

1. Biochemical or biological
2. Genetic or familial
3. Medication induced
4. Environmental

### **Biochemical or Biological Causes**

In terms of the biochemical factors, the experts explain that bipolar disorder occurs in a particular part of the human brain when numerous neurotransmitters (that are some sort of chemical messengers) are malfunctioning. Several neurotransmitters can be involved in the bipolar disorder taking place like dopamine, serotonin, norepinephrine, etc.

In such cases the disorder remains dormant or asleep in our brain for years and can be triggered off by the external factors like crisis or stress. The medical experts have discovered that the brain of the patient suffering with the bipolar disorder is - wired differently – as compared to the normal person. This also explains the maddening alterations of the extreme emotions.

### **Genetic or Familial**

In case there is any first-degree blood relative suffering with the bipolar disorder, such individuals can surely be subjected to this disorder. The first degree blood relatives in this case could be siblings, offspring, parents, etc. While this increases the risk only in comparison with those who have one of this sort of familial history, anybody for that matter can be a prey to this disorder. The research scientists are working hard on the look for the specific genes that trigger this disorder.

### **Medication Induced**

In case a patient is misdiagnosed and is given the medications that are not able to control the disorder or rather take it on a higher grade, bipolar disorder can be triggered off. At times the physician or the psychiatrist just catch on the depression and are not able to see the other unusual changes in the patients that might be sidetracking them from the original diagnosis. This could lead to certainly wrong medication.

For instance, an anti-depressant medication could activate a manic incident in case of the patients vulnerable to the bipolar disorder. It happens when the manic stage is overlooked owing to misdiagnosis. Actually, the patients of bipolar disorder are given the anti-manic & anti-depressant medications, simultaneously. The anti-manic medications actually produce a shield to protect your patient from mania, stimulated by the prescribed anti-depressants.

Besides the above mentioned drugs, there are several others that trigger bipolar disorder in the individuals. These include cold medications, appetite suppressants, designer drugs (like cocaine, amphetamines, etc.), corticosteroids, and excessive in-take of caffeine. All these land up to mania. The abuse of alcohol & other stimulants also trigger the bipolar disorder.

### **Environmental**

This mood disorder can also be triggered off by the modern age stressful life. In our day to day lives where we are concerned with all our personal, social and professional links, such events could be innumerable like career loss, shocking death of the loved one, geographic changes, pregnancy, financial bankruptcies, etc.

## Understanding And Treating Bipolar Disorders

Stress leading the bipolar disorder can happen for the people of varied age or condition like old adults, adolescents, pregnant women, etc. In all these ages and conditions, there are huge changes that the individuals face and ones who have a shaky foundation at family front or suffering through the low self esteem, could easily become subject to the crisis.

The experts explain that just one time trigger is enough for the disorder to take place and henceforth, the cycles begin. In case the ailment is not diagnosed early enough, it could be quite hard to control.

However, the individuals who have strong will power, coping capacity and fighting back mechanisms and are little self aware, can face the situation rather effectively.

## Understanding The Bipolar Disorder Codes - 18 Codes You Must Know

You might have noticed that your physician keeps making notes when you go for consultation. While these notes are anyways not easily understood by the patient and the guardians, when it comes to the mental ailments, the codes are rather confusing.

The psychiatrists usually scribble some pre-defined codes in their records. Once you understand these codes, you and your caregiver would always better understand the current scenario and would be able to gauge through the pertinent actions that you can take up. These codes help you understand the ailment better and fight it back more effectively. Also the caregivers can draft a better way to take care of their patients suffering with Bipolar Disorders.

Usually in case of the mental disorders, the codes are unanimously arranged by the Diagnostic & Statistical Manual of Mental Disorders (DSM). So, 'DSM' is the code used by the psychiatrists and other experts for all mental disorders.

When it comes to Bipolar Disorder, there are 3 important types of codes:

- i. For the mood disorders
- ii. For the substance influenced mood disorders
- iii. Extensions of psychotic features

### **Mood Disorder Codes**

There are varied code categories that fall under the term - codes for mood disorders. These are as follows:

#### **1. 296.0x (F30.x)**

When the patient undergoes one 'manic episode.' The patient has no history regarding major depressive episodes.

## Understanding And Treating Bipolar Disorders

### **2. 296.40 (F31.0)**

When a patient suffering with bipolar disorder experiences a 'hypomanic episode' and he/she had at least 1 incident of manic and/or mixed episode.

### **3. 296.4x (F31.x)**

The patients suffering with a current manic episode and have undergone a major manic, depressive and/or mixed episodes.

### **4. 296.6x (F31.6)**

A patient suffering with Bipolar I Disorder and has often mixed episodes. Such patients must also have experienced some major manic, depressive, and/or mixed episodes.

### **5. 296.5x (F31.x)**

A patient undergoing major depressive episodes and he/she has a history featuring manic and/or mixed episodes.

### **6. 296.7 (F31.9)**

This code is given to the patients experiencing any of the episodes mentioned here: manic, mixed, hypomanic and/or major depressive episodes. Alongside there is a criteria that the patient must have suffered from at least 1 mixed and/or manic episode.

### **7. 296.89 (F31.8)**

This code is given to a patient of Bipolar II Disorder who is either hypomanic or depressed. Another important criteria is that the patient must have gone through more than one attacks of major depressive episode and/or at least 1 episode of hypomania. One important point to be noticed here is that there is no attack of manic and/or mixed episode.

### Substance Induced Mood Disorder Codes

These codes are a must to be understood for the patients and their caregivers as the substance-induced mood disorder if not known, can cause major harm to the patients. These are triggers that control the patients' temper so the preventive measures are a must. The measurable substances that can heighten mood disorders have been given a code by the mental health experts. While some are given as follows, for further information you can check the World Wide Web or the internet:

**1. 291.8 (F10.8)**

The doctors explain that patients whose mood disorders stimulate with the intake of alcohol fall under this code.

**2. 292.84 (F14.8)**

The cases of ingestion of cocaine fall under this code.

**3. 292.84 (F18.8)**

When inhalants arouse mood disorders this code is referred.

**4. 292.84 (F13.8)**

In case the sedatives stir up the patient's mood disorder this code is referred.

### Psychotic Features' Code Extensions

These codes are primarily divided into 2 major categories:

- i. Severe without psychotic episodes
- ii. Severe with the psychotic episodes



## Understanding And Treating Bipolar Disorders

Some of the codes are as follows:

### **1. 296.43 (F31.1)**

A Bipolar I Disorder patient with most current manic episodes, severe with out psychotic episodes.

### **2. 296.44 (F31.2)**

This code refers to the Bipolar I Disorder patients, severe with psychotic episodes.

### **3. 296.63**

The patients having severe disorder with out psychotic episodes and suffering with Bipolar I Disorder and have experienced a current mixed episode.

### **5. 296.64**

This code is referred to the patients having severe disorder and facing psychotic episodes.

### **6. 296.53 (F31.4)**

The Bipolar I Disorder patients having lot of depressed episodes are referred with this code.

### **7. 296.54 (F31.5)**

The Bipolar I Disorder patients having severe disorder with no psychotic episodes are referred with this code.

## Medications For Bipolar Disorder – 10 Points To Remember

In order to become successful in life, it is quite essential to be healthy and wise. While any sort of physical restrictions of the body can be fought with and dealt with, the central processing unit of our body that is our brain needs to be absolutely perfect in order to live a happy & successful life. For all our errands what we primarily need is a sharp brain so as to understand our environment and act promptly & make well evaluated decisions.

Along with a perfectly working brain, what we need is a control over our emotions. Being over excited or unduly angry all the time would not help us in any way. Quoting in the right terminology all our psychological factors must be balanced enough.

And what if you discover that you yourself have or some of you known to has a brain disorder? One such common brain disorder is bipolar disorder. This disease not only effects our emotions and decisions on daily errands, in extreme cases it can lead to suicides as well.

In order to treat the bipolar disorder the medical experts use a combination of medications & counseling or therapy.

Before getting on a selected list of the medications prescribed for the bipolar disorder, it is essential to understand that these are not the only factors that are effective and can control the disease.

Instead you must understand that medications while being effective are a rather hit and trail method of treatment. All these have their side effects which must be told to the doctor and if need be, the doctor shall change the medication as soon as possible.

Here are some of the medications that are commonly prescribed to the patients suffering with bipolar disorder:

### **1. Types of Medications**

The medications usually prescribed for bipolar disorder include:

- a. Mood stabilizers

## Understanding And Treating Bipolar Disorders

- b. Anti-psychotics
- c. Anti-anxiety
- d. Anti-depressants

### 2. Their usage

The doctors or psychiatrist usually give a combination of two or more of these medications along with the therapy. These medications strongly enhance the effect of the therapy being given to the patient.

### 3. Amoxapine or Asendin

This is a common anti-depressant prescribed for the treatment of bipolar and clinical depression. It's commonly known side effects are cotton mouth, dizziness, nausea, headache, cotton mouth, drowsiness, weight gain and increased appetite.

There are also other side effect that are not so common. These include heartburn, diarrhea, sleeplessness, increased sweating and vomiting.

### 4. Aventyl or Palemor

This is another anti-depressant that is known to have successfully cured bipolar depression. It's side effects are all similar to Amoxapine or Asendin.

### 5. Zyban or Wellbutrin or Bupropion

This is perhaps the most common medicine prescribed for the bipolar disorder patients. It is a known anti-depressant in terms of the functions it serves but it is chemically not related to the family of anti-depressants. Why exactly is this medicine so successful in treating the bipolar disorder is yet unknown to the medical world.

### 6. Ativan

This anti-anxiety medication is indeed successful in treating the symptoms pertaining to extreme anxiety in the bipolar disorder patients. Its side effects involve dizziness, imbalance, drowsiness & slurred speech. The less common side effects of this medicine involve abdominal pain, blurred vision, headache, cotton mouth, nausea, weakness and trembling or shakiness.

### 7. Klonopin

Another popular anti-anxiety medicine, this one has given impressive results in case of the bipolar disorder patients. Its side effects are all similar to Ativan.

### 8. Tegretol

This is an anti-seizure medicine that was later on approved to be used as an anti-psychotic drug for the bipolar disorder patients. It is commonly prescribed in place of a mood stabilizer, especially for the Bipolar I Disorder patients. Its commonly known side effects involve dizziness, shakiness, vomiting and drowsiness.

### 9. Depakote

Another anti-seizure medicine, this one is an effective mood stabilizer for the bipolar disorder patients. With the side effects being similar to that of Tegretol, in this case they can become rather severe. However, in the recent years Tegretol has replaced Depakote when it comes to the mood stabilizers.

### 10. Verapamil

This is a calcium blocker useful in treating mania for the bipolar disorder patients. It falls in the family of the medications for blood pressure. Earlier the medical experts said that this medicine has impressive mood stabilizing properties. Now, its usage is almost finishing in case of the bipolar disorder patients as it didn't prove that effective.

## **Bipolar Disorder Among Children – 11 Key Symptoms**

All parents love to watch their healthy and active kids play along. We also love to take up all their tantrums and at times when we start thinking that the tantrums are getting too many, we believe that the child is becoming disobedient or trying to gain attention. Sometimes we ignore the child's tantrums perceiving them to be spoiled brats and undisciplined.

Well, the fact is that we must watch our child's activities and mood swings well enough as you might not even realize that your little one is suffering with some mental disorder. One such common mental disorder among children is Attention Deficit Disorder.

Another common disorder among kids is the Bipolar Disorder. Also known as Manic Depression, in such a condition the child undergoes random fluctuations in the mood owing to depression & mania.

The parents and/or caregivers must be cautious that the child shows 'healthy tantrums & mood swings.' Once these become unhealthy, you must go ahead for some close examination of the child & his day-to-day actions.

To check if your child is showing symptoms of bipolar disorder, read through the following important points about this disorder:

### **1. Noticeable Changes in Mood and Energy**

Children dealing with the bipolar disorder generally go through constant & incessant mood interruptions. These mood swings often last for hours together and at times even days together. The psychologists explain that usually mood disorders happen most often due to a combo of depression & mania.

### **2. Separation Anxiety**

When children suffer with the bipolar disorder, they often experience "separation anxiety." This means that they feel immense anxiety in the absence of the individual who takes the most care

of them or one whom they are most attached. They become too apprehensive and feel separated or left alone.

### **3. Defiance to Authority**

A child suffering with bipolar disorder is often quite disobedient. Such a child never allows any authority to rule over him/her, especially their parents and/or the caregiver.

### **4. Hyperactivity**

Watch your child whenever he/she behaves over active. The children suffering with bipolar disorder are often agitated with the varied things surrounding them. Such children need to struggle very hard in order to concentrate on any given activity like eating, sitting still, doing school work, etc.

### **5. Sleeping Problems**

Children suffering with bipolar disorder either sleep too much or too less. The other problems that your child might face regarding the sleep are:

- i. While their slumber, the child faces 'night terrors.' Also known as 'pavor nocturnus,' this refers to the child waking up abruptly from the sleep.
- ii. He/She is not able to recollect what he saw or experienced in the dream.
- iii. Such children also often wet their beds during their sleep.
- iv. They urinate spontaneously.
- v. Your child many a times feels it very tough to wake up in the mornings.
- vi. For this you should make their waking-up strategy. This way your child would never get late for school and never miss any of the appointments.

### **6. Food Cravings**

Children suffering with bipolar disorder usually crave for food rich in carbohydrates & sugar. This craving is often strange as most oft it is quite robust and repeated.

### **7. Ill behavior**

Children suffering with bipolar disorder usually behave quite mischievously. They often do strange things that become quite inexplicable like jumping out of the moving vehicle, fighting or quarreling with their caregiver for no apparent reason, bullying the other kids, etc.

### **8. Unhealthy Sexual Behavior**

While usually children do not have a very open body language when it comes to sex, the kids suffering with bipolar disorder have quite unacceptable sexual behavior. Researchers explain quite well the difference between healthy & unhealthy sexual behaviors among children. Children at that tender age are rather playful and love to explore many different things around them. Children often are never preoccupied with the interactions concerning sex.

### **9. Hallucination**

Hallucination refers to the unusual sensory perceptions happening to the child while he is wide awake & also aware of their surroundings. Children going through bipolar disorder often have hallucinations. So if your child says that he hears voices when actually nobody is around, it's time to extend immediate psychiatric help.

### **10. Grandiosity**

Grandiosity refers to an exaggerated assessment to one's values, authorities, significance, understanding and individuality. The child suffering with bipolar disorder often believes that he is magnificent & that he knows it all. With such an attitude it often becomes very difficult to relate with the child and the conversation often lands up to major fight.

### **11. Speedy & Strained Speech**

While in anxiety just like elders, even the kids talk very fast & in a strained manner when they are uneasy emotionally or mentally. However, if the incidents of such 'speedy & strained speech' become too often, your child might be experiencing bipolar disorder. Among kids, talking fast along with anxiety is quite unusual.

## CBT To Treat Bipolar Disorder

Also known as manic depression, bipolar disorder is a mental ailment that occurs due to several factors like biological, neurological, environmental and emotional. It is featured by very frequent mood swings or cycling among extreme emotions like mania, depression, and normal behavior of the patient.

While there are several treatment options available for bipolar disorder, the most commonly used option is a combination of therapy & medication.

However, not all patients can be put under the same drill. The cases that involve a history of drug abuses, cannot be put to medication, else it could land up in a great risk. Also, it is hard to find that mood swings occurred due to bipolar disorder or drugs and say if the extent o bipolar disorder was not too much in the body, the medications would end up harming the patient quite severely. Also as a basic fact the patients move to medication only when no other resort is found.

In such special cases where medications are not the right choice, CBT comes in to being. The Cognitive Behavioral Therapy popularly known as or CBT is a sort of a therapy that is used to assist the patients in recognizing the exact triggers & causes of their depressive & manic states. Then the patients are made to learn the techniques so as to avoid the triggers & henceforth and cope up with the symptoms during the episodes. 70% of bipolar I disorder patients are made to undergo the CBT experience, especially those when one or a few episodes have taken place with in 4 years of initiating the CBT treatment.

CBT treatment to cope with bipolar disorder is used to accomplish two major goals. These are:

- i. To recognize the manic episodes prior to their becoming uncontrollable & making a conscious change in how one reacts to these episodes.
- ii. To learn the techniques, thoughts, reactions & behaviors that would help them offset the depression.



## Understanding And Treating Bipolar Disorders

With the various activities & techniques prescribed by the expert therapists, these goals are achieved quite effectively.

Under CBT, the effectiveness of the treatment of the bipolar disorder mainly rests in the hands of the patient, as he/she is allotted homework like – performing some exercises, reading, etc. These are focused on helping the patient understand his/her condition and to help them learn the methods to cope with the situation.

The steps to conduct CBT are as follows:

### **1. Making a Contract with the Patient**

Initializing CBT, you need to make a treatment contract with your patient. In this treatment you draw a definite plan of treatment for the patient and he/she agrees to follow the same. This also includes the patient's promise to do all his homework complete taking all assignments seriously. The patient in this contract also ensures that he/she would take any & all the prescribed medication just as directed. This is a crucial step towards CBT as this process largely depends on the patient's desire to cope with the bipolar disorder and his/her sense of responsibility towards the same.

### **2. Recording the Mood Swings**

In the second step, CBT involves monitoring and grading the moods of the patient. For this the doctor gives the patients several worksheets that the patient fills in regularly. In these sheets the patient records his/her moods for the day. They also file the other important details like for how many hours did they sleep, the level of anxiety, & the level of irritability they felt. Especially the patients of Bipolar II Disorder must record all these details daily as in that case the mood cycles very frequently.

### **3. Patient does the Homework**

Once the therapist is able to understand the mood cycles of the patient of bipolar disorder, the next step in CBT is for the patient. Here the therapist gives some reading material to the patient for him/her to understand exactly how our thoughts effect our emotions. This is done by the patient filling in the worksheets and once he/she understands the drill, they would be able to

## Understanding And Treating Bipolar Disorders

practice through altering their thoughts in far more rational way. Their emotions then become very rational, thereby decreasing the number & severity of the depressive & manic episodes.

### **4. Recognizing the Triggers**

Further, you must be able to know the triggers in the case you are curing. Triggers are the basically any emotional or physical clicks that arouse a depressive or a manic episode like emotions, thoughts, times of the year, situations, environments, events, etc. Once the patient starts understanding and recognizing their triggers, he/she would then be able to learn to avoid them entirely, henceforth decreasing the severity & number of the depressive & manic episodes.

All in all, CBT is quite an effective method of treatment for the bipolar disorder patients. In case you think that you need this therapy, contact your doctor or therapist before it gets too late!

## Treatments For Bipolar Disorder

In order to become successful in life, it is quite essential to be healthy and wise. While any sort of physical restrictions of the body can be fought with and dealt with, the central processing unit of our body that is our brain needs to be absolutely perfect in order to live a happy & successful life. For all our errands what we primarily need is a sharp brain so as to understand our environment and act promptly & make well evaluated decisions.

Along with a perfectly working brain, what we need is a control over our emotions. Being over excited or unduly angry all the time would not help us in any way. Quoting in the right terminology all our psychological factors must be balanced enough.

And what if you discover that you yourself have or some of you known to has a brain disorder? One such common brain disorder is bipolar disorder. This disease not only effects our emotions and decisions on daily errands, in extreme cases it can lead to suicides as well.

There are several treatments available for the bipolar disorder, starting from the medications to the varied therapies. The medications are far too many, to name just a few here. Also there are various therapies & techniques available that assist the patient to learn & practice some control over the ailment.

Here are some of the key methods used to cure bipolar disorder:

### **1. Medications**

In order to cure bipolar disorder, usually more than one type of medication is prescribed to the patient. This is mainly because of the dual nature of this disease.

Most oft the patient needs two types of medications:

- i. to control depression;
- ii. to control mania.

## Understanding And Treating Bipolar Disorders

A combination of these works together so as to obtain a balance in the moods and thereby stopping the random mood cycling.

Further, a third medication is also given in some cases known as a mood stabilizer. Topomax is quite a common mood stabilizer given to the patients.

Some other well known medications for bipolar disorder include the following:

1. Lithium
2. Valproate or Depakote
3. Carbamazepine or Tegretol
4. Olanzapine or Zyprexa
5. Ziprasidone or Geodon

Lithium for years together, is termed as the miracle drug for bipolar disorder. This sodium based medication helps the patient in balancing the chemical imbalance of the brain. This chemical disorder is the key to the manic episodes among bipolar patients.

Valproate or Depakote, originally developed in the form of a seizure medication, effects the bipolar patients to help the rapid cycling bipolar moods cycling every few hours and/or days rather than the weeks or months. It has been miraculously effective among many cases of this ailment.

Carbamazepine or Tegretol, another anti-seizure medicine, appears to have all similar effects on the bipolar disorder patients as Depakote. Though it is yet not approved by the Food & Drug Administration to be prescribed for the bipolar disorder patients.

Among the bipolar disorder patients suffering with the manic state anti-psychotic drugs like Zyprexa or Olanzapine, and Geodon or Ziprasidone have been quite effective to control the severe psychotic symptoms.

In the depressive state of the patient, anti-depressants are given. The common anti-depressants given in cases of bipolar disorder are Citalopram or Celexa, Escitalopram or Lexapro, Fluoxetine or Prozac, Paroxetine or Paxil, and Sertraline or Zoloft. While Celexa and

## Understanding And Treating Bipolar Disorders

Prozac are the most commonly used medications among them, all the above medications have proved to be very successful in treating depression.

### 2. CBT

Not all patients can be put to medications. The cases that involve a history of drug abuses, cannot be put to medication, else it could land up in a great risk. Also, it is hard to find that mood swings occurred due to bipolar disorder or drugs and say if the extent o bipolar disorder was not too much in the body, the medications would end up harming the patient quite severely. Also as a basic fact the patients move to medication only when no other resort is found.

In such special cases where medications are not the right choice, CBT comes in to being. The Cognitive Behavioral Therapy popularly known as or CBT is a sort of a therapy that is used to assist the patients in recognizing the exact triggers & causes of their depressive & manic states. Then the patients are made to learn the techniques so as to avoid the triggers & henceforth and cope up with the symptoms during the episodes. 70% of bipolar I disorder patients are made to undergo the CBT experience, especially those when one or a few episodes have taken place with in 4 years of initiating the CBT treatment.

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## Understanding And Treating Bipolar Disorders

emotions, thoughts, times of the year, situations, environments, events, etc. Once the patient starts understanding and recognizing their triggers, he/she would then be able to learn to avoid them entirely, henceforth decreasing the severity & number of the depressive & manic episodes.

However, as the medical experts advice, in case you are not satisfied with the treatment being given to you, you must discuss it with your doctor and make sure to change the method of treatment as per the medical advisors. Ultimately the effectiveness and success of the treatment of bipolar disorder lays in the hands of patients suffering with the ailment.

## Understanding Bipolar Disorder – 14 Basic Facts

In the absence of research and development many medical ailments were earlier treated as incurable mammoths. Bipolar Disorder is one among them.

Earlier the individuals suffering with this kind of disorder was often regarded as a 'very moody person' or in extreme cases the family wrote them off saying that they have become insane. Later on the scientists made us realize that this disorder is a – Manic Depression, also known by the name of - Bipolar Disorder.

Though this disease is not new, along with the name many other things regarding this disease are quite new like the help we can lend to such patients. As its effects can be very wide spread and deadly, the treatment is as crucial.

Some basic facts regarding Bipolar Disorder or Manic Depression are as follows:

- ii. As the name is withdrawn rightly, the disorder has two key phases - mania and depression. All the symptoms, ailments and effects of this disorder primarily belong to these two aspects.
- iii. This disorder is found equally among men and women.
- iv. Out of the world's total population, around 1% suffers with the bipolar disorder.
- v. Mania is found in two main divisions: hypo mania & full-blown mania.
- vi. Hypomania is a state where the individual possesses quite intense energy & is able to yield unusually high productivity. Ones who remain until this stage turn out to be great salesmen and high powered businessmen. Yet, the danger remains as many of the hypo-maniacs are just of the verge of being full blown maniacs.
- vii. The full-blown maniacs' actions are rather devastating. Individuals suffering with bipolar disorder often become subject to the full-blown mania where they start



## Understanding And Treating Bipolar Disorders

- making unnecessary moves in their business. Their actions yield far more losses than benefits, they themselves are never able to note this.
- viii. Patients of bipolar disorder almost never consider the results of their actions. They would spend money just like anything unconsciously. The money that they might have saved for some basic necessity for home or business, they might land up spending it in something just not required. They would sign the cheques irrespective of the fact that there is money in the account or not.
  - ix. Such patients often become too generous and gift away their treasured items or things that they just can not afford to give away. Though, later they also regret their actions.
  - x. In an acute manic state the bipolar disorder can be characterized by overly gregariousness of the individual. They become extra ordinarily outgoing and do not realize whether their company is good or bad. This could be quite dangerous as getting in touch with some unwanted and unethical people can also land up in several irreversible problems such as sexual exploits, henceforth pregnancy, sexual diseases, or hampered relationships.
  - xi. In extreme cases the disease suffering with bipolar disorder lands up in a phase of psychosis. This is the time when the patient has bizarre thoughts, like delusions and hallucinations. At this time the patient loses the senses of his/her immediate environment and is not able to make out the difference between realism & hallucinations. So he /she become so vulnerable that they can not even save themselves from natural calamities.
  - xii. Often the mania cases land up to a phase of depression. Such individuals seclude themselves from their loved ones & acquaintances and many a times become bed-ridden for days together. Their sleep, appetite, energy level, etc. everything gets deeply effected.

## Understanding And Treating Bipolar Disorders

- xiii. One of the major dangers in bipolar disorder when the person goes in to depression is that they become suicidal. Hence, when the patient is in the phase of depression he/she must be guarded thoroughly.
  
- xiv. Many adults & teenagers try to cope up with their bipolar disorder with other prolonged diseases like alcohol and drugs. Such cases are medically termed as - dual diagnosis. Such addictions complicate the patients' condition and make thee treatment rather more difficult. However, with the changing scenario of our society this has almost become a common factor.
  
- xv. While individuals dealing with bipolar disorder have a lot many problems to handle, they can be optimistic due to the fact that several ways have been worked out for them to get cured and get a hold on themselves, like medications, therapies, routines, etc.

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