CHENNAI MINDS LEAFLET – BIPOLAR AFFECTIVE DISORDER

All You Need To Know About Bipolar Affective Disorder

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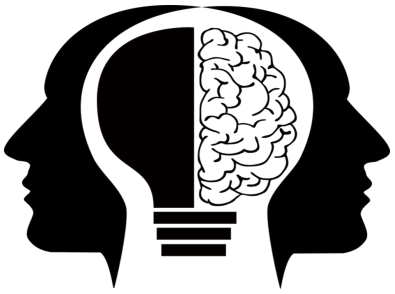
What is BIPOLAR AFFECTIVE DISORDER?

Bipolar disorder is an illness that produces periods of dramatic mood swings. The patient alternates between periods of elevated mood (mania) and low mood (depression). It is seen in 1-2 people in a 100.

WHAT IS BIPOLAR I and BIPOLAR II DISORDER?



Bipolar I is when mania alternates with depression.
Bipolar II is when hypomania alternates with depression

WHAT IS HYPOMANIA?

This is milder than a manic episode and of shorter duration

CAUSES OF BIPOLAR

- Genetic
- Imbalance Neurochemicals in the brain
- Environmental factors – Stress & Alcohol

SYMPTOMS OF MANIA	SYMPTOMS OF DEPRESSION
Elevated / irritable mood + Atleast 3 out of 7 symptoms for 1 week • *Distractibility* • *Impulsivity* • *Grandiosity* • *Flight of ideas* • *Increased activity* • *Decreased sleep* • *Talkativeness*	Depressed mood + Atleast 5 out of these 9 symptoms for 2 weeks • *Sleep disturbance* • *Decreased enjoyment* • *Guilt /hopelessness* • *Decreased energy* • *Impaired concentration* • *Decreased appetite* • *Psychomotor retardation* • *Suicidal thoughts*

TREATMENT OF BIPOLAR AFFECTIVE DISORDER

Good assessment and Behavioural therapy is important. However, in selected cases, medications like Quetiapine, Lithium, Olanzapine, Carbamazepine, Lamotrigine. These are selected by careful and diligent diagnosis by expert Consultants trained in treating and managing these conditions.

DISCLAIMER

All the details contained in this leaflet are for information purposes only. You need to consult a Consultant Psychiatrist well trained to treat this condition. CHENNAI MINDS takes no responsibility for the information or the consequences of the decision made on reading this information leaflet.