

# BiPolar Disorder

## Bipolar

A serious mental illness characterized by extreme mood swings. They include extreme excitement and extreme depression.

Common ages 18-35 years

Family history

## **There are 4 types of bipolar disorders**

- Bipolar 1
- Bipolar 2
- Cyclothymic disorder
- Other specified and unspecified bipolar and related disorders



## Hypomania

- A milder form of mania

## Manic Episode-mania

- A feeling of elation or high energy
- It is so intense it interferes with daily activities

Depression - periods of sadness and hopelessness.  
(tiredness, irritability, trouble concentrating, changes  
in sleeping or eating habits and thoughts of suicide)

Do you know what else depression is:

Anger Turned Inward

What sets them apart:

The severity of the manic episodes caused by each type.



## **BiPolar 1**

Generally tend to be more extreme in their mood swings, very manic and may not necessarily be major depressive.

What does a manic episode look like?

- Exceptional energy
- Restlessness
- Trouble concentrating
- Feeling euphoria
- Risky Behavior
- Poor or no sleep

These people have obvious mood swings.

## **BiPolar 2**

Major depressive episode lasting two weeks and at least one or more hypomanic episode.

Typically they don't experience manic episodes intense enough to require hospitalization.

It may be confused with major depression.



# Cyclothymic Disorder

Fluctuating low-level depressive symptoms with periods of mild mania which have been present for two years.

## What causes bipolar disorder???

No one really knows.

Possibility

Abnormal physical characteristics of the brain. (tends to run in families)

So lets talk about  
**Nature vs. Nuture**

What If there are tendencies there...and no guidance to help find the happy medium

Severe stress?

Drugs or alcohol abuse or trauma?

Neurotransmitters:



## **Serotonin**

- Low levels do not necessarily cause depression.
- Medication to increase serotonin - SSRI selective serotonin re-uptake inhibitors - do not make more serotonin but help utilize stores that we have.

Citalopram (celexa)  
Escitalopram (lexapro)  
Fluoxetine (prozac)  
Fluvoxamine (luvox)  
Paroxetine (paxil)  
Sertraline (zoloft)

Usually first to be prescribed due to least amount of side effects.

## **Dopamine**

There is thought to be a very close link with dopamine and people experiencing pleasure.

Both dopamine and serotonin directly affect

1. How we digest food
  - Think about what happens with trauma, why do people comfort eat.
2. How we sleep.



## Lithium

Mood stabilizer by affecting the flow of sodium

## MAOI (monamine oxidase inhibitors)

Inhibits enzyme that metabolizes neurotransmitters such as serotonin and norepinephrine.

Marplan

Nardil

Emma

Tranycypromine

## Serotonin Syndrome

Dangerously high levels of serotonin causes major metabolic disorder like fever, confusion, changes in BP, neurological symptoms.



# **Medications Targets for Bipolar disorder:**

Mood stabilizers  
Antipsychotics  
Anti-depressants  
Benzodiazepines  
Symbol

## **How is bipolar diagnosed?**

Psychiatrist or other mental health professional.

Diagnosis should include a review of both your medical history, any symptoms you are experiencing, and patterns in those symptoms.

\*There are no medial markers for bipolar in blood draws.



# How Is it treated?

Psychotherapy and drugs.

One and one interactions with a therapist or in a group setting.

Psychotherapy.

## CBT Therapy (cognitive behavioral therapy)

Identify the problem.

- Is it related to stress, relationship issues or anything else that is bothering you.

Look at emotions linked to identified stresses

- Start with I feel statements.

Check your perception of the situation

- What kind of filter are you viewing what is going on around you?
- Stop and ask yourself: is my reaction to the issue balanced or out of proportion.

I'd get really honest about what just triggered that because it is most likely from a really bad experience and it is self preservation.



## **What helps in everyday life?**

Get moving! Exercise!!!

Control Stress.

Keep a regular schedule.

Healthy sleep habits - limited to no caffeine.

Avoid drugs and alcohol -  
(NEVER use to control symptoms of bipolar).

Set up a reliable support system.

Have an emergency plan.