

Bipolar Disorder

About Bipolar Disorder

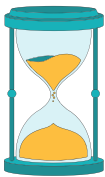
Bipolar disorder is a mood disorder that is categorized by drastic highs and lows. This mood disorder can be dangerous if not treated as manic episodes are categorized by impaired judgment and impulsive decisions. Suicide is also a risk with bipolar disorder, and suicidal thoughts can occur both in a depressive or manic state. Effective treatment for this disorder can help individuals with bipolar disorder manage their symptoms.

Bipolar Disorder Facts



There are three types of bipolar disorder

Bipolar I is categorized by manic episodes and depressive episodes. Bipolar II is categorized by depressive episodes and at least one hypomanic episode (less severe than mania). Finally, cyclothymic is mood changes that are not severe enough to fit the Bipolar I or II criteria.



Cycles of depression and mania vary

Individuals with bipolar disorder will see cycles of mania and depression with varying times in between cycles. Additionally, the length of each episode of mania and depression will vary from person to person, and even for the individual. Typically, depression will last longer than mania.



Effective treatments for bipolar disorder exist

Treatment for bipolar disorder includes medication and therapy. Symptom monitoring and self-care are also important components of this disorder. Stopping bipolar disorder medication without speaking to a professional can be dangerous.



Prevalence

4.4%

of the U.S. population experience Bipolar Disorder in the U.S. The median age of diagnosis is 25, but bipolar disorder can be diagnosed at any age.



Research has shown links between creativity and bipolar disorder. Finding a creative outlet can be beneficial for these individuals.