

Bipolar Disorders: An Overview

What is it?

Bipolar disorder (formerly called manic-depressive illness or manic depression) is a mental illness that cause unusual shifts in:

Mood

Energy

Activity Level



Two major types of bipolar:

Bipolar I Disorder

- At least 1 full-fledged manic episodes lasting at least 7 days or by severe symptoms requiring hospital care
- Major depressive episodes lasting at least 2 weeks

Bipolar II Disorder

- At least one hypomanic episode and depressive episode
- Hypomanic is less severe and is not the full-fledged manic episodes as seen in bipolar I disorder

Difference lies in severity of manic episodes

Manic Episodes

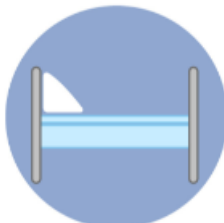
Increased, elevated, irritable moods



Poor concentration



Poor appetite or weight loss



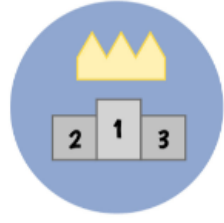
Sleeping little



Racing speech, impulsiveness



Jumping from one thought to another



Heightened sense of self-importance

Depressive Episodes

Lower moods



Feelings of sadness and helplessness



Loss of interest in pleasurable activities



Negative thoughts



Loss of energy



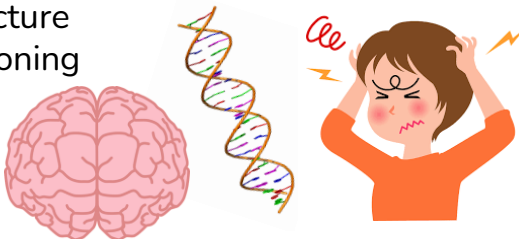
Insomnia or sleeping too much



Thoughts of suicide or death

Risk Factors

- Brain structure and functioning
- Genetics
- Stress



Treatment

- Medication
- Psychotherapy
- Electroconvulsive therapy



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