



For more information about bipolar or other mental health disorders, call 513-563-HOPE or visit our website at www.lindnercenterofhope.com.



What does your mood say about you?

Go to **My Mood Monitor™**, a three minute assessment for anxiety, depression, PTSD and bipolar disorder, at www.mymoodmonitor.com to see if you may need a professional evaluation.

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What Is Bipolar Disorder?

Each year, nearly 6 million adults (or approximately 5% of the population) in the U.S. are affected by bipolar disorder, according to the Depression and Bipolar Support Alliance. While the condition is treatable, unfortunately bipolar disorder is frequently misdiagnosed and may be present an average of 10 years before it is correctly identified.

Bipolar disorder (also known as bipolar depression or manic depression) is identified by extreme shifts in mood, energy, and functioning that can be subtle or dramatic. The characteristics can vary greatly among individuals and even throughout the course of one individual's life.

Bipolar disorder is usually a life-long condition that begins in adolescence or early adulthood with recurring episodes of mania (highs) and depression (lows) that can continue for days, months or even years.

Phases of Bipolar Disorder

- **Mania** is the activated phase of bipolar disorder and is characterized by extreme moods, increased or impulsive mental and physical activities, and risk taking.
- **Hypomania** describes a mild-to-moderate level of mania. Because it may feel good to the individual experiencing it, this condition can be difficult for someone with bipolar illness to recognize as a concern.
- **Bipolar depression** is similar to a major depressive episode. However, with bipolar disorder the person usually has a history of one or more episodes of mania or hypomania.
- **"Mixed state"** refers to an individual who is experiencing mania (highs) and depression (lows) at the same time.

Forms of Bipolar Disorder

There are many forms of bipolar disorder, although the most common are:

- **Bipolar I disorder** – With this classic form of the disorder, the individual experiences the extreme highs (mania) and lows (depression).
- **Bipolar II disorder** – With this form individuals experience only mild highs or hypomania with symptoms that are much less intense or severe.
- **Bipolar spectrum disorders, rapid cycling and bipolar NOS** (not otherwise specified) are other types of the disorder.

Identifying Bipolar Disorder

Doctors are still determining the specific causes for mood or depressive disorders, although a stressful environment may contribute to genetic, medical, psychological and psychosocial factors. Bipolar episodes may be “triggered” or may occur without obvious reasons.

The following symptoms may indicate bipolar disorder. However, only a licensed professional in a one-on-one setting can positively and properly diagnose bipolar disorder.

Symptoms of Mania

- Elated, happy mood **or** an irritable, angry, unpleasant mood
- Increased physical and mental activity and energy
- Racing thoughts and flight of ideas
- Increased talking and more rapid speech than normal
- Ambitious, even grandiose plans
- Risk taking
- Impulsive activity, such as spending sprees, sexual indiscretion, and alcohol abuse
- Decrease in sleep without experiencing fatigue

Symptoms of Hypomania (more mild form of mania)

- Hypomania may feel good to the individual experiencing it and may even be associated with good functioning and enhanced productivity.
- Family and friends often learn to recognize the mood swings as possible bipolar disorder, but the individual may deny anything is wrong.
- Hypomania usually leads to severe depressive episodes and or even more severe manic form when not treated.

Psychosis or Psychotic Symptoms Related to Bipolar Disorder

Sometimes, severe episodes of mania or depression include bipolar symptoms of psychosis (or psychotic symptoms).

Common psychotic symptoms include:

- Hallucinations (hearing, seeing, or otherwise sensing the presence of things not actually there)
- Delusions, such as believing one has special powers or wealth, or (during depression) feeling guilt or worthlessness, such as believing one is ruined or has committed a terrible crime
- Symptoms that may be similar to schizophrenia or another severe mental illness

Additional Disorders Related to Bipolar Disorder (Co-occurring disorders)

Bipolar disorder is associated with a high rate of co-occurring mental or medical disorders. In fact, more than 65% of individuals with bipolar disorder also have at least one other psychiatric disorder. Substance abuse is common (60% over the patient's lifetime) and other medical disorders, such as migraines, heart disease, asthma or diabetes, are often present.

Treating Bipolar Disorder

Most patients with bipolar disorder require some sort of lifelong treatment once the disorder is correctly identified. While medication is one key in successful treatment, psychotherapy, support, and education about the illness are also essential parts of treatment by the internationally recognized specialists in mood disorders at Lindner Center of HOPE and Sibcy House.

There is HOPE.

With diagnostic and treatment provided by the most highly recognized experts in the fields of bipolar disorder, patients at Lindner Center of HOPE and Sibcy House can once again begin enjoying productive lives.