

## Editorial Note on Bipolar Disorder

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### EDITORIAL NOTE

We all have our ups and downs, but with bipolar disorder (once known as manic depression or manic-depressive disorder) there is serious shift in mood, energy, thinking, and behavior—from the highs of mania on one extreme, to the lows of depression on the other. The cycle of bipolar disorder lasts for days, weeks, or months and unlike ordinary mood swings, the mood changes of bipolar disorder are so intense that they can interfere with your job or school performance, damage your relationships, and disrupt your ability to function in daily life. During a manic episode, you might impulsively quit your job, charge up huge amounts on credit cards, or feel rested after sleeping two hours. During a depressive episode, you might be too tired to get out of bed, and full of self-loathing and hopelessness over being unemployed and in debt.

The exact cause of bipolar disorder is not known but it is linked to hereditary. The symptoms for bipolar disorder vary widely in terms of pattern, severity and frequency. Some people are more

prone to either mania or depression, while others alternate equally between the two types of episodes. Some have frequent mood disruptions, while others experience only a few over a lifetime. In the manic phase of bipolar disorder, it's common to experience feelings of heightened energy, creativity, and euphoria. In the past bipolar depression was associated with regular depression however research studies show especially when it comes to recommended treatments that most people with bipolar depression are not helped by antidepressants. In fact, there is a risk that antidepressants can make bipolar disorder worse—triggering mania or hypomania, causing rapid cycling between mood states, or interfering with other mood stabilizing drugs.

Living with untreated bipolar disorder can lead to problems in everything from your career to your relationships to your health. But bipolar disorder is highly treatable, so diagnosing the problem and starting treatment as early as possible can help prevent these complications.

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