



Overview of Bipolar Disorder Management and its Manifestations

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DESCRIPTION

Bipolar disorder is a psychological disorder that produces extraordinary swings in a person's state of mind, level of activity, and focus. These alterations can make it difficult to carry out day-to-day responsibilities. Bipolar disorder is categorized into three types: bipolar I, bipolar II, and cyclothymic illness. All three categories cause noticeable changes in mood, energy, and activity levels. These moods vary from excessively "up," exhilarated, irritated, or energized behavior known as manic episodes to excessively "down," sad, indifferent, or hopeless behavior characterized as episodes of depressive disorder. Hypomanic attacks are milder forms of manic episodes.

Bipolar disorder can impact people in a variety of ways. Some individuals may experience more frequent or severe episodes than others. Some people may experience more manic symptoms than depressed symptoms, or vice versa. Some people may experience mixed episodes, which include signs of both mania and depression.

Symptoms

1. Feeling very energized, elevated, elated, or irritated or touchy
2. Feeling jittery or wired, and being more active than normal
3. Having a lower need for sleep
4. Speaking quickly or having rushing thoughts
5. Being easily distracted or having difficulty concentrating
6. Having an exaggerated sense of self-worth or grandiosity
7. Taking risks or acting out of character, such as abusing drugs or alcohol
8. Experiencing hallucinations or delusions

Management and Treatment

Bipolar disorder is a chronic illness that necessitates ongoing medical attention and treatment. The primary goals of treatment are to stabilize the individual's emotions, lessen the severity and frequency of episodes, prevent consequences such as substance

misuse or suicide attempts, and enhance the individual's quality of life.

Medication of many forms can help regulate the symptoms of bipolar illness. These include mood stabilizers (like lithium), antipsychotics (like olanzapine), antidepressant (like fluoxetine), and anti-anxiety medications (like alprazolam). According to the kind of bipolar disorder and the individual's reaction to treatment, the person may need to take one or more drugs.

Psychotherapy is a sort of therapy that can assist a person in better understanding their illness, coping with thoughts and pressures, improving relationships and communication skills, and adhering to their treatment plan. Cognitive Behavioral Therapy (CBT), Interpersonal and Social Rhythm Therapy (IPSRT), psychoeducation, and family-focused therapy are some methods of psychotherapy that can help with bipolar disease.

Electroconvulsive Therapy (ECT) is a procedure in which modest electrical currents are passed through the brain to modify its chemical composition and functioning. ECT can be used to treat severe cases of bipolar disorder that have failed to respond to previous treatments. ECT is typically administered under general anaesthetic and has some negative effects, including memory loss.

Transcranial Magnetic Stimulation (TMS) is a method that includes administering a magnetic field to the brain in order to change its functions. TMS is presently being studied for its efficacy and safety in treating bipolar illness. TMS does not require anaesthetic and has fewer adverse effects than ECT.

Maintaining a regular routine and a constant schedule for falling asleep, getting up, consuming food, working out, and relaxing might assist a person maintain their mood stability and avoid triggers for episodes. Avoiding drugs and alcohol usage can exacerbate the symptoms of bipolar disease and interfere with treatment efficacy. If the person has an addiction to alcohol or drugs, they should get help. Having supportive friends, family members, or peers who understand the disease can help the person manage with their issues and feel less alienated. The individual can also join a support group or an online forum for

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people with bipolar disorder. The person should keep a close eye on their symptoms and call their doctor or psychiatrist if they observe any changes in their mood, energy, or conduct that

might suggest an episode of schizophrenia. If the person has any thoughts of harming themselves or others, they ought to seek immediate medical attention.