Did you Know?:

Bipolar Disorder

Common Manic Stage Behaviors:
* Unusual amounts of energy that affect mood and/or sleep
* Uncharacteristic participation in high-risk activities that are likely to lead to painful results, such as spending sprees, foolish investments
* Disconnected, racing thoughts

Common Depressive Stage Behaviors:
* Excessive crying; constant fatigue and inertia
* Loss of interest in normally pleasurable activities
* Overwhelming feelings of despair, hopelessness, and helplessness

• The moods of a person with bipolar disorder, which is also called manic depression, swing from periods of intense elation to periods of intense sadness

• Bipolar disorder typically develops in late adolescence or early adulthood

• Unlike other forms of depression, bipolar disorder affects men and women equally. Nearly one in every 100 people will experience the disorder at some time in their lives

• The psychological basis for bipolar disorder is better understood than other forms of depression, making the illness one of the most effectively treated

• Because of the genetic susceptibility to bipolar disorder, people who have a close relative with the condition are 10-20 times more likely to develop either depression or bipolar disorder than the general population

• There is help: 70% or more of those patients with bipolar disorder respond well to medication that helps reduce the frequency and intensity of manic episodes. A combination of professional counseling and medication helps most patients return to productive and fulfilling lives

*Facts obtained from Friends Hospital, the National Institute of Mental Health and the American Psychiatric Association