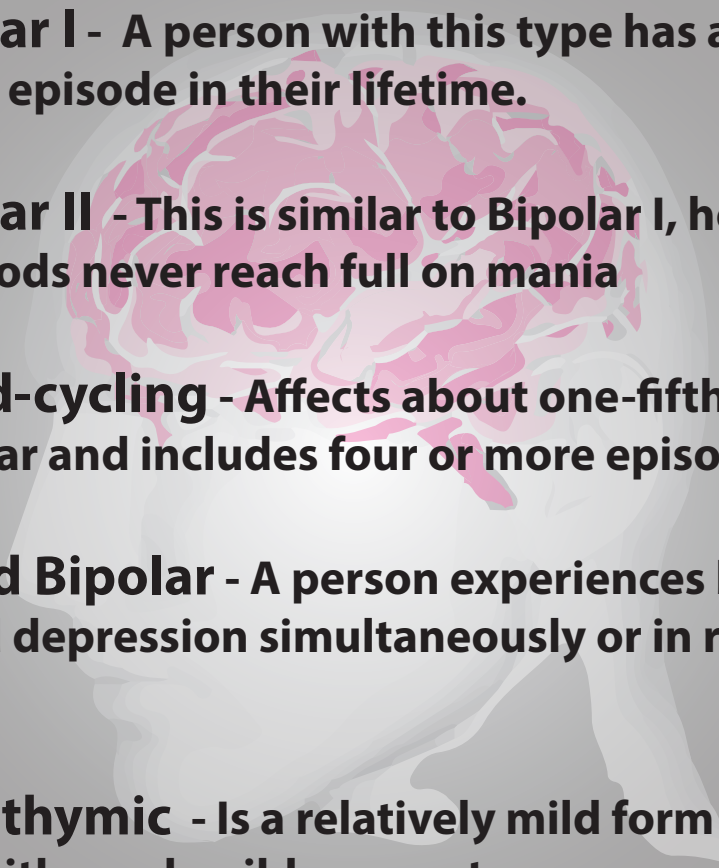


# BIPOLAR DISORDER FACTS

Bipolar disorder used to be referred to as “manic depression”. It is characterized as extreme mood swings that range from depression to manic episodes. The manic phases are described as extreme happiness and hyperactivity with little need for sleep. The depressive side is characterized by extreme sadness, little energy and an inability to experience

There are several types of Bipolar disorder:

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- ✓ **Bipolar I** - A person with this type has at least one manic episode in their lifetime.
  - ✓ **Bipolar II** - This is similar to Bipolar I, however the up moods never reach full on mania
  - ✓ **Rapid-cycling** - Affects about one-fifth of those with Bipolar and includes four or more episodes a year.
  - ✓ **Mixed Bipolar** - A person experiences both mania and depression simultaneously or in rapid sequence.
  - ✓ **Cyclothymic** - Is a relatively mild form of Bipolar disorder with much milder symptoms.

Living with Bipolar disorder can be very challenging. It requires long-term treatment consisting of medication, therapy, life-style changes and emotional support. It is recommended that the person struggling with this disorder get educated on what Bipolar disorder is and is not. Very often people with Bipolar disorder also suffer from addiction. Both issues can be treated in rehabs that specialize in dual diagnosis disorders.

The most important thing is to seek help. Treatment is available and should be sought as soon as possible. [www.bipolarhotline.com](http://www.bipolarhotline.com) can provide you with the most beneficial options for your particular circumstances

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