



1423 Carowinds Circle
Maryville, TN 37803
865.684.8771

E-Mail Address: medadvocate@charter.net

Website: www.medadvocate.net

Bipolar Disorder Overview

Bipolar disorder causes dramatic mood swings – from overly high and/or irritable to sad and hopeless and then back again, often with periods of normal mood in between.

Signs & Symptoms:

Manic Phase of Bipolar Disorder

Euphoria	Extreme optimism	Inflated self-esteem
Poor judgment	Rapid speech	Racing thoughts
Agitation	Aggressive behavior	Increased physical activity
Risky behavior	Spending sprees	Increased sexual drive
Drug abuse	Inability to concentrate	Tendency to be easily distracted
Increased drive to perform or achieve goals		

Depressive Phase of Bipolar Disorder

Sadness	Hopelessness	Suicidal thoughts or behavior
Anxiety	Guilt	Sleep problems
Appetite problems	Fatigue	Loss of interest in daily activities
Problems concentrating		Irritability
Chronic pain without a known cause		

Bipolar I – You have had at least 1 manic episode, with or without previous episodes of depression.

Bipolar II – At least 1 episode of depression and 1 hypomanic episode. A hypomanic episode is similar to a manic episode but much briefer, lasting only a few days, and not as severe. With hypomania, you may have an elevated mood, irritability and some changes in your functioning, but generally you can carry on with your normal daily routine. In bipolar II the periods of depression are typically much longer than the periods of hypomania.

Cyclothymia – It is a mild form of bipolar disorder. Cyclothymia includes mood swings but the highs and lows are not as severe as those of full blown bipolar disorder.

Severe episodes of either mania or depression may result in psychosis or a detachment from reality. Hallucinations or Delusions