

Bipolar Disorder
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- **Introduction**
- **Bible verses**

- II Corinthians 4:8-9 – We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed;
- II Corinthians 12:9 – And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

- **bipolar disorder**

A bipolar disorder is a physiological mood disorder characterized by severe mood swings, going from high, elated, or irritable to sad, depressed, and even suicidal.

- In the manic phase, symptoms may include:
 - elevated mood
 - irritability
 - grandiosity
 - rapid thinking
 - pressured speech
 - little sleep
 - hypersexuality
 - distractibility
 - poor judgment
- In the depressive phase symptoms may include:
 - a sad mood
 - not enjoying life (anhedonia)
 - altered sleep
 - altered appetite
 - low energy
 - agitation
 - guilt
 - not wanting to live
- Bipolar disorder is often treated with neuroleptics, lithium, or anticonvulsants.
- Incidentally, children or adolescents with comorbid bipolar disorder plus ADHD, the bipolar disorder is often treated first.
- The prevalence of bipolar disorder is 3.5 percent of the population.

- **Bipolar disorder and social problems**

- ↑interpersonal conflicts
- ↑marital problems
- ↑divorce rate
- ↑job changes
- ↑financial problems

▪ **bipolar disorder: current treatment strategies**

Current treatment strategies for bipolar disorder include:

- atypical antipsychotics: Olanzapine plus fluoxetine (Symbyax) and quetiapine (Seroquel) are approved for bipolar depression; only quetiapine is approved for bipolar II depression. The atypicals are effective in bipolar mania and some have antidepressant effects.
- mood stabilizers: Lamotrigine (Lamictal) is a little better than even lithium in depression. Divalproex (Depakote) and carbamazepine (Tegretol) are effective manic mood stabilizers; gabapentin (Neurontin), topiramate (Topamax), and tigabine (Gabapril) are good for adding in comorbid conditions; the jury is still out on zonisamide (Zonegran) and levetiracetam (Keppra). Lamictal is approved for maintenance treatment of bipolar disorder, but not for acute episodes. Tigabine is being tried; it should be started low (seizure risk if induction is too rapid).
- lithium: Lithium is better in a manic episode but helps some in mood.
- typical antipsychotics: The typical antipsychotics such as Haldol are effective in mania but may add to depression.
- antidepressants: The antidepressants have been used in bipolar disorder; they may lift mood but can induce mania.
- drug combinations: Three quarters of patients in clinical practice may need more than one drug.
- other adjunctive drugs tried for various aspects of bipolar disorder include: pramipexole (Mirapex), provigil (Modavil), asenapine (neuroleptic with less weight gain), and fish oil (omega 3 fatty acids).
- Dilantin: Dilantin might help in bipolar disorder, but it often has troublesome side effects.
- Other drugs have been used for comorbid disorders such as substance disorder (60%), anxiety disorder (60%), and borderline personality disorder (30%).

▪ **bipolar disorder drugs (oral): time to onset**

- ziprasidone (Geodon) day 2
- aripiprazole (Abilify) day 2 to 4
- risperidone (Risperdal) day 3 to 7
- quetiapine (Seroquel) day 4
- olanzapine (Zyprexa) day 7

▪ **bipolar disorder: medical factors**

Medical factors in bipolar symptoms can include:

- sympathomimetics (Ritalin, Adderall)
- steroids
- antidepressants
- Antabuse (disulfiram)
- isoniazid (TB drug)
- MS (multiple sclerosis)
- epilepsy

- TBI (traumatic brain injury)
- CNS tumor
- CVA
- Huntington's disease
- postictal state
- electrolyte abnormality
- adrenal disorder
- pernicious anemia
- AIDS
- influenza
- neurosyphilis

▪ **bipolar disorder medication with FDA approval**

Phase	Medications
manic	aripiprazole (Abilify) carbamazepine ER (Equetro) chlorpromazine (Thorazine) divalproex ER (Depakote ER) divalproex (Depakote) lithium olanzapine (Zyprexa) quetiapine (Seroquel) risperidone (Risperdal) ziprasidone (Geodon)
mixed	aripiprazole (Abilify) carbamazepine ER (Equetro) divalproex ER (Depakote) olanzapine (Zyprexa) risperidone (Risperdal) ziprasidone (Geodon)
manic and mixed episodes with or without psychotic symptoms	aripiprazole (Abilify) divalproex ER (Depakote ER) olanzapine (Zyprexa) risperidone (Risperdal) Ziprasidone (Geodon)
maintenance	aripiprazole (Abilify) lamotrigine (Lamictal) lithium olanzapine (Zyprexa)
depressive	olanzapine/fluoxetine (Synbyax) quetiapine (Seroquel)
bipolar disorder in adolescence (ages 10 to 17)	lithium risperidone (Risperdal) aripiprazole (Abilify)
schizophrenia (ages 11 to 17)	aripiprazole (Abilify) risperidone (Risperdal)

- **bipolar disorder: rapid cycling**

Rapid cycling is a bipolar I and bipolar II specifier. It is the occurrence of four or more separate mood episodes in a year. It has a higher prevalence among women and is less responsive to pharmacological treatment, including mood stabilizers.

- **bipolar spectrum disorder**

Bipolar spectrum disorder means that bipolar disorder occurs with different nuances and often over a spectrum from severe to less severe cases. In the future bipolar I, bipolar II, bipolar III, bipolar IV, bipolar V may replace the official bipolar disorder—not otherwise specified in fogue today.

- **bipolar depression**

Drugs with FDA approval for bipolar depression include:

- olanzapine (Zyprexa) plus fluoxetine (Prozac)—known as Symbyax
- quetiapine (Seroquel)

- **Conclusion**

- **Bible verses**

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