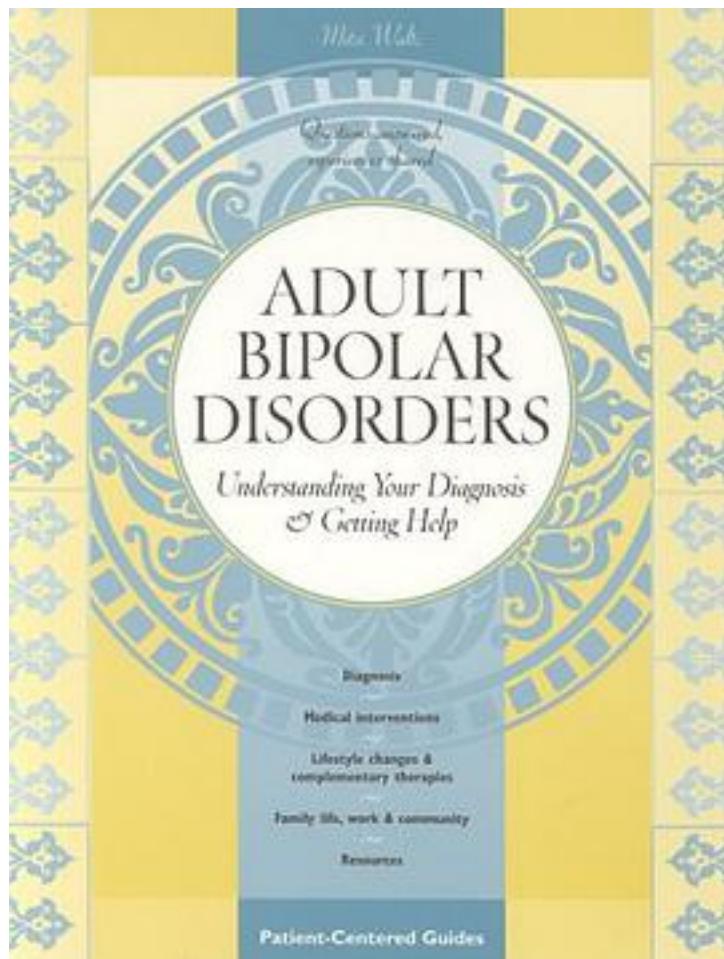


Adult Bipolar Disorders



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Bipolar disorders are changes in the brain and nervous system that cause severe mood swings, from the deepest suicidal depression to the most elevated euphoria. Approximately two million adults in the US have a bipolar disorder, according to

figures from the National Alliance for the Mentally Ill (NAMI). Worldwide prevalence hovers around one percent. Left untreated, bipolar disorders can plunge a person into absolute hell. Suicide is a possible outcome, as are school failure, limited job prospects, legal difficulties, and hospitalization. Families and communities pay a heavy toll when this disorder is not recognized and treated. Many traditional treatments, investigational medications, and complementary therapies can address symptoms and improve the lives of people with bipolar disorders. This guide to bipolar disorders covers a range of topics that should be useful for people to help themselves or a loved one including: bipolar disorders; diagnosis; myths and misconceptions about the disease; medications, therapy, and other interventions, such as improving sleep patterns, preventing seasonal mood swings, diet, and supplements; family life with bipolar disorders; and ways to cope with diagnosis and treatment, including advice on support systems, insurance, and employment.

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