

Chapter 1 : [PDF/ePub Download] bipolar disorder for dummies eBook

From Bipolar Disorder For Dummies, 3rd Edition. By Candida Fink, Joe Kraynak. To manage bipolar disorder effectively, you first need to know what it is. Then you can develop and follow a treatment plan, which usually includes a combination of medication, therapy, self-help, and support from a network of understanding and committed friends and family members.

Bipolar Disorder for Dummies, 3rd Ed. The third edition has been revised to include new medications and the new symptom criteria used to diagnose this condition, among other changes and updates. Because the authors manage to include all of the information one might find in such a book, but make it digestible for people who may be coming from a wide range of backgrounds when it comes to bipolar disorder. Some may know next to nothing about it, while others may have some rudimentary knowledge or information based upon a movie or magazine article. Bipolar Disorder for Dummies is divided into seven different sections. Differential diagnoses and special populations such as teens are also well-addressed in this first section. I especially appreciated the nuanced discussion about all of the potential causes of bipolar: Make no mistake – bipolar disorder is a real physical illness or illnesses. Topics covered include how do you get a diagnosis and evaluation, ruling out other health issues that may be mimicking the symptoms of bipolar, working on a treatment plan, and how to build a treatment team that works together on all of the different components of addressing this condition. Part three is a significant component of the book, focusing on the biology of bipolar disorder symptoms through medications. Everything a person needs to know or would want to know about bipolar medications is covered and updated in this section. It includes a good discussion about understanding side effects of psychiatric medications and coming to terms with them. Chapter 9 goes into other kinds of things you can do to help bipolar symptoms, including supplements, light therapy , and newer kinds of treatments like rTMS and DBS. The section ends with a focus on the challenges of bipolar disorder in specific groups of people, such as women and older adults. It includes chapters covering learning new coping skills, making lifestyle adjustments such as learning how to reduce conflict and establishing healthier routines , improving your ability to communicate with others, and learning problem solving skills. Virtually any mental illness could be helped by a person learning the skills and planning advice doled out in this part of the book. Section five discusses how to deal with the fallout of a hospitalization and relapse, which is not uncommon for those with bipolar disorder. It also discusses returning to work and offers advice on how to attack financial issues which are also a fairly common issue to those with bipolar. The sixth part of the book is targeted toward loved ones and friends, what they need to know in order to help them better understand bipolar disorder, how to best support a person with the disorder, and what to do in a crisis situation. It also includes a chapter for parents on strategies to help their child or teen with bipolar disorder. The final section offers ten tips for managing bipolar disorder, as well as ten ways a loved one can help someone with bipolar disorder. If I had to recommend a single book to someone newly diagnosed with bipolar disorder, it would easily be Bipolar Disorder for Dummies.

Chapter 2 : Bipolar Disorder for Dummies - Free eBooks Download

Bipolar Bipolar Disorder For Dummies, 3rd Edition is a reassuring guide that sorts out the differences between bipolar I, bipolar II, and cyclothymic disorder; explains the biology behind the illness; and covers the latest medications, therapies, and self-help techniques to ease and eliminate symptoms, function in times of crisis, and plan.

What causes bipolar disorder? Abnormal physical characteristics of the brain or an imbalance in certain brain chemicals may be among the main causes. As with many medical conditions, bipolar disorder tends to run in families. If you have a parent or sibling with bipolar disorder, your risk of developing it is higher. The search continues for the genes responsible for bipolar disorder. Researchers also believe that severe stress, drug or alcohol abuse, or severely upsetting experiences may trigger bipolar disorder. These experiences can include childhood abuse or the death of a loved one. How is bipolar disorder diagnosed? A psychiatrist or other mental health professional typically diagnoses bipolar disorder. The diagnosis will include a review of both your medical history and any symptoms you have that are related to mania and depression. A trained professional will know what questions to ask. They may be able to answer questions about your behavior that you may not be able to answer easily or accurately. If you have symptoms that seem like bipolar 1 or bipolar 2, you can always start by telling your doctor. Your doctor may refer you to a mental health specialist if your symptoms appear serious enough. A blood test may also be part of the diagnostic process. There are no markers for bipolar disorder in the blood, but a blood test and a comprehensive physical exam may help rule out other possible causes for your behavior. Doctors usually treat bipolar disorder with a combination of medications and psychotherapy. Mood stabilizers are often the first drugs used in treatment. You may take these for a long time. Lithium has been a widely used mood stabilizer for many years. It does have several potential side effects. These include low thyroid function, joint pain, and indigestion. Antipsychotics can be used to treat manic episodes. Your doctor may start you on a low dose of medication to see how you respond. You may need a stronger dose than what they initially prescribe. You may also need a combination of drugs to control your symptoms. All medications have potential side effects and interactions with other drugs. Writing in a diary can be an especially helpful part of your treatment. Keeping track of your moods, sleeping and eating patterns, and significant life events can help you and your doctor understand how therapy and medications are working. But with proper treatment and support from family and friends, you can manage your symptoms and maintain your quality of life.

Chapter 3 : Bipolar Disorder Treatment - Effective Treatment Options Are Available

Bipolar disorder is a physical illness that affects the brain. A bipolar diagnosis requires at least one episode of mania (wired thinking and behaviors that negatively affect one's ability to function) or hypomania (a less severe form of mania), and the disorder typically includes episodes of.

Abuse of drugs, such as cocaine, alcohol and sleeping medications Provocative, intrusive or aggressive behavior Denial that anything is wrong Depressive Episode Signs: Sad, anxious or empty-feeling mood Feelings of hopelessness and pessimism Feelings of guilt, worthlessness and helplessness Loss of interest or pleasure in activities once enjoyed, including sex Decreased energy, fatigue Difficulty concentrating, remembering or making decisions Restlessness and irritability Sleeplessness or sleeping too much Change in appetite, unintended weight loss or gain Bodily symptoms not caused by physical illness or injury Thoughts of death or suicide How is bipolar disorder diagnosed? Answer Bipolar disorder cannot yet be diagnosed physiologically by blood tests or brain scans. Currently, diagnosis is based on symptoms, course of illness, and family history. Clinicians rule out other medical conditions, such as a brain tumor, stroke or other neuropsychiatric illnesses that may also cause mood disturbance. The different types of bipolar disorder are diagnosed based on the pattern and severity of manic and depressive episodes. According to the DSM, there are four basic types of bipolar disorder: Bipolar I Disorder is mainly defined by manic or mixed episodes that last at least seven days, or by manic symptoms that are so severe that the person needs immediate hospital care. Usually, the person also has depressive episodes, typically lasting at least two weeks. Bipolar II Disorder is defined by a pattern of depressive episodes shifting back and forth with hypomanic episodes, but no full-blown manic or mixed episodes. The symptoms may not last long enough, or the person may have too few symptoms, to be diagnosed with bipolar I or II. Cyclothymic Disorder, or Cyclothymia, is a mild form of bipolar disorder. People who have cyclothymia have episodes of hypomania that shift back and forth with mild depression for at least two years. However, the symptoms do not meet the diagnostic requirements for any other type of bipolar disorder. Some people may be diagnosed with rapid-cycling bipolar disorder. This is when a person has four or more episodes of major depression, mania, hypomania, or mixed symptoms within a year. How is bipolar disorder treated? Answer While no cure exists for bipolar disorder, it is treatable and manageable with psychotherapy and medications. Mood stabilizing medications are usually the first choice in medication. Lithium is the most commonly prescribed mood stabilizer. Anticonvulsant medications are usually used to treat seizure disorders, and sometimes offer similar mood-stabilizing effects as antipsychotics and antidepressants. Bipolar disorder is much better controlled when treatment is continuous. Mood changes can occur even when someone is being treated and should be reported immediately to a physician; full-blown episodes may be averted by adjusting the treatment. In addition to medication, psychotherapy provides support, guidance and education to people with bipolar disorder and their families. Psychotherapeutic interventions increase mood stability, decrease hospitalizations and improve overall functioning. Common techniques include cognitive behavioral therapy, psychoeducation, and family therapy. What is the difference between depression and bipolar disorder? Answer The main difference between bipolar disorder and major clinical depression is the presence of manic episodes. This is why depression alone is not enough to diagnose an individual with bipolar.

Chapter 4 : Bipolar Disorder for Dummies by Joe Kraynak and Candida Fink (, Paperback) | eBay

Bipolar Disorder affects many more people than just the million Americans who suffer from the disease. Like depression and other serious illnesses, bipolar disorder also affects spouses, partners, family members, friends and coworkers. And, according to the Child and Adolescent Bipolar.

Psychotherapy, Medication or Both? Treatment for bipolar disorder can be divided into three general categories. Acute treatment focuses on suppressing current symptoms and continues until remission, which occurs when the symptoms are diminished for a period of time. Continuation treatment prevents a return of symptoms from the same manic or depressive episode. Maintenance treatment prevents a recurrence of symptoms. The risks of long-term medication use must be weighed against the risk of getting sick again relapse. Who Treats Bipolar Disorder? Psychotherapy to help learn better ways of coping and unlearn unhelpful thinking and patterns of behavior is usually provided by a psychologist or licensed clinical social worker. For the most reliable diagnosis, it is recommended that you consult a psychologist, psychiatrist, or other specialist in mental health. People who are experiencing life-threatening symptoms, such as life-endangering impulsive behavior e. Depending on the level of potential harm to self or others, they should go to an emergency room. Doctors there often will refer them to a psychiatrist for further treatment. Prognosis for Bipolar Disorder With appropriate treatment, the outlook for someone with bipolar disorder is favorable. Approximately 50 percent of people will respond to lithium alone. An additional 20 to 30 percent will respond to another medication or combination of medications. Ten to 20 percent will have chronic unresolved mood symptoms despite treatment. Approximately 10 percent of bipolar patients will be very difficult to treat and have frequent episodes with little response to treatment. On average, a person is free of symptoms for about five years between the first and second episodes. As time goes on, the interval between episodes may shorten, especially in cases in which treatment is discontinued too soon. It is estimated that a person with bipolar disorder will have an average of eight to nine mood episodes during his or her lifetime. Diagnostic and statistical manual of mental disorders, Fifth edition. A Guide for the Newly Diagnosed. Bipolar Disorder For Dummies. For Dummies, New York. National Institute of Mental Health. He has been writing about psychology and mental health issues since Retrieved on November 6, , from <https://>

Chapter 5 : Frequently Asked Questions about Bipolar Disorder | Brain & Behavior Research Foundation

Bipolar Disorder For Dummies, 3 rd Edition explains the brain chemistry behind the disease and covers the latest medications and therapies. You'll get reassuring, sound advice and self-help techniques that you and your loved ones, including kids and teens, can use to ease and eliminate symptoms, function in times of crisis, plan ahead for manic.

Chapter 6 : Bipolar Disorder For Dummies 2nd Edition PDF - Medical books free download

Bipolar Disorder for Dummies is divided into seven different sections. In the first part, the authors introduce you to understanding the basics of bipolar disorder, including how it's diagnosed.

Chapter 7 : Kevin Hines Recommends Bipolar Disorder For Dummies | Bipolar Beat

About the e-Book Bipolar Disorder For Dummies 2nd Edition pdf Get an accurate diagnosis and get on with enjoying and living your life! Bipolar Disorder affects many more people than just the millions who suffer from the disease.

Chapter 8 : Obsessive-Compulsive Disorder For Dummies - www.nxgvision.com

In Bipolar Disorder For Dummies, I point out that a key self-help strategy for living well with bipolar disorder is to monitor your moods, and I provide a Mood/Sleep Chart to facilitate the process.

You've probably come to this blog thinking I'm a dummy or I'm bipolar or what the fucking shit is bipolar I'm absolutely intrigued! Well, CONGRATULATIONS!