Bipolar Disorder: Definition And Treatment

Bipolar Disorder is when the brain goes through phases where someone may feel very energetic at one moment then all of a sudden feel very sad or depressed. People that have bipolar disorder have frequent mood changes which can not only harm themselves, because they can have suicidal thoughts and become depressed, but others. Not necessarily physically, it could be just the way the person with bipolar disorder acts in emotions which may cause others to feel unwanted or uncomfortable.

Although bipolar disorder can be treated, it can not be cured permanently. Some ways to minimize how often moods change or how strong the emotions feel include any type of psychological therapy. For example support group therapy is a great way to express emotions and what they are going through or what has happened to them before. Which can be a great way to cope with bipolar disorder because there are other people who may have gone through the same things as others which can help them to not feel alone in the struggle. Family therapy is another great type of therapy because it helps the person who struggles with bipolar disorder and their family to be able to communicate easier and less problems will occur. There are many more forms of therapy that can contribute to less active depressive and energetic fazes.

If someone would like to be treated with medications to help being bipolar, they would want to go see a psychiatrist. Clinical psychologists treat people by using talking therapy. Primary care provider diagnose, prevent, and treat diseases. These are the types of specialists that can help people with bipolar disorder. A psychiatrist can prescribe certain medications such as Antipsychotic, Anticonvulsant, and Selective Serotonin Reuptake Inhibitor to reduce, prevent, ease, and control stress/anxiety.

Another option to treat bipolar disorder is hospitalization. Which can be very helpful even though some patients may not agree that this is their first choice, it has been found to be very useful especially considering patients will be safely watched to see what their actions might have a pattern to or how much medication they may need.

The hippocampus is the part of the brain that is affected by bipolar disorder. The hippocampus is what contains the memory and mood processing. When the volume of the hippocampus begins to smallen, it can cause drastic mood changes because if something that controls how we think and feel, begins to lessen, then it will leave us with life lasting effects.

Since bipolar disorder causes mood swings, using those key tactics, will have a major impact on the frequency rate of change. In terms of how often someone diagnosed with bipolar depression’s mood changes.