

Treatment

Bipolar disorder is treated and managed in several ways:

- Medications, such as mood stabilizers, antipsychotic medications and antidepressants
- Psychotherapy, such as cognitive behavioral therapy and family-focused therapy
- Electroconvulsive therapy (ECT)
- Self-management strategies and education
- Complementary health approaches such as meditation, faith and prayer.

Related Conditions

Common conditions that people with bipolar disorder also experience include:

- Anxiety disorders, including Generalized and Social.
- Attention-deficit hyperactivity disorder (ADHD)
- Posttraumatic Stress Disorder (PTSD)
- Substance abuse. Many people use alcohol or drugs to try to control their moods or treat their symptoms. Using drugs makes the illness worse and can lead to more frequent relapses and increased suicide attempts.

These other illnesses can make it hard to diagnose and treat bipolar disorder. For example, the antidepressants used to treat obsessive-compulsive disorder and the stimulants used to treat ADHD may worsen symptoms of bipolar disorder and may even trigger a manic episode. Successfully treating bipolar disorder almost always improves these related illnesses. And successful treatment of PTSD, ADHD or substance abuse usually improves the symptoms of bipolar disorder.

Source:

- See more at: <http://www.nami.org/Learn-More/Mental-Health-Conditions/Bipolar-Disorder#sthash.Pn3j492e.dpuf>



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Bipolar Disorder



