

BIPOLAR

DISORDER

*Symptoms, Causes,
and Treatment*



DOCTORS EXPLAIN
DIGITAL HEALTH CO. LTD.

WHAT IS BIPOLAR DISORDER?

A mental health condition
causing extreme mood
swings

Includes emotional highs
(mania or hypomania) and
lows (depression)

Formerly known as
manic-depressive
illness

*It's not a mood swing
it's a mental battle.*





*Different types, same
need: understanding
and care.*

TYPES OF BIPOLAR DISORDER

Bipolar I Disorder

Manic episodes lasting 7+ days or requiring hospitalization, often with depressive episodes

Bipolar II Disorder

Pattern of depressive and hypomanic episodes

Cyclothymic Disorder

Milder mood swings over 2+ years

SYMPTOMS OF MANIA

Inflated self-esteem
or grandiosity

Decreased need
for sleep

Racing thoughts
or rapid speech

Risky behavior

*When energy overflows,
judgment can vanish.*



SYMPTOMS OF DEPRESSION

Persistent sadness
or hopelessness

Loss of interest
in activities

Fatigue or lack
of energy

*A smile can hide
a storm inside.*



CAUSES & RISK FACTORS



Genetic predisposition
(family history)

Brain structure and
function differences

Environmental stressors
(trauma, substance abuse)

Hormonal imbalances

*It's not weakness
it's wiring.*



*Correct diagnosis
is the map to
recovery.*

DIAGNOSIS

No single test; diagnosis
based on clinical
evaluation

Tools: Mood charts,
psychological
assessments, interviews

Often misdiagnosed (e.g.,
as depression or ADHD)

TREATMENT OPTIONS

Medication

Mood stabilizers,
antipsychotics, antidepressants

Psychotherapy

Cognitive Behavioral Therapy
(CBT), family therapy

Lifestyle Changes

Sleep hygiene,
exercise, routine

Support Networks

Peer groups,
family education



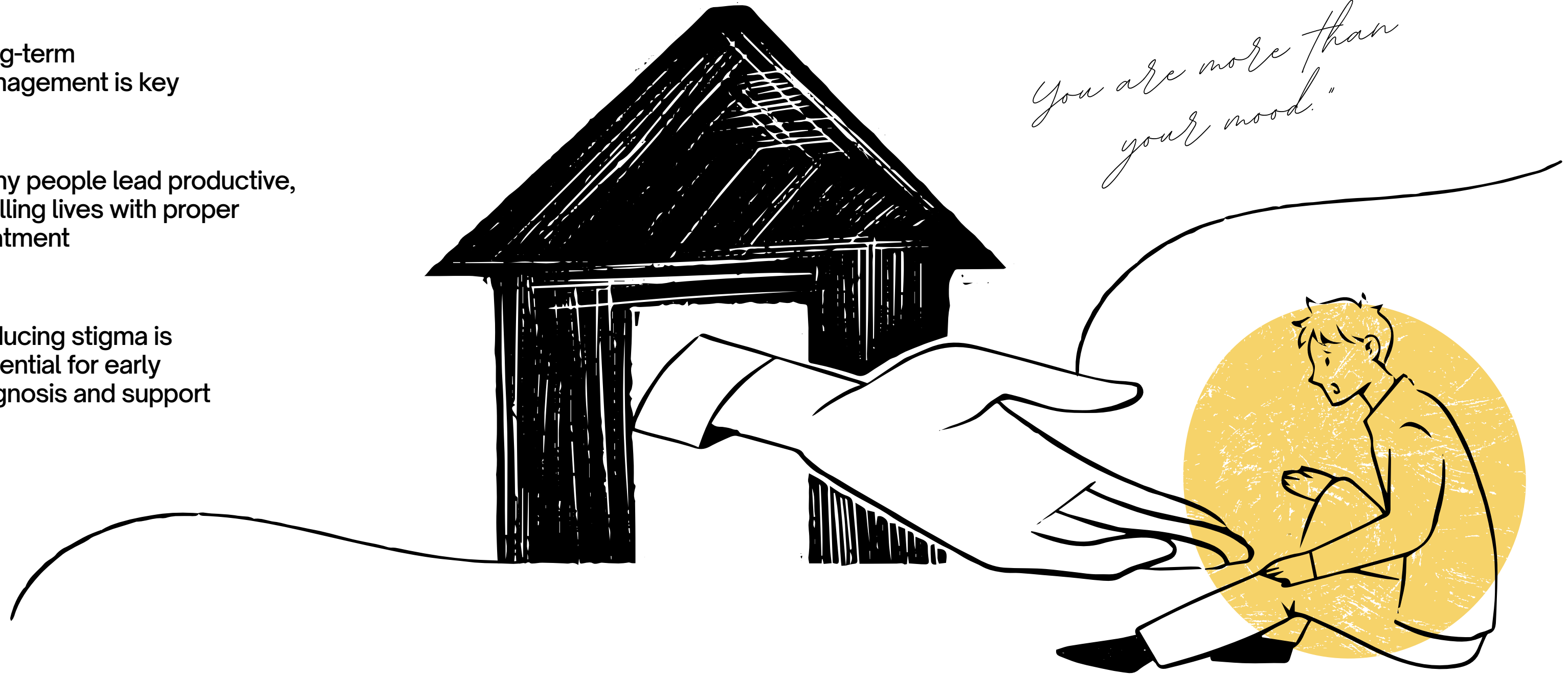
*Healing is possible
-with help, hope,
and habit.*

Long-term
management is key

Many people lead productive,
fulfilling lives with proper
treatment

Reducing stigma is
essential for early
diagnosis and support

*You are more than
your mood."*



LIVING WITH BIPOLAR DISORDER

FINAL THOUGHTS

*Support saves lives—be
the voice of compassion.*

Bipolar disorder is treatable
and manageable

Encourage open conversation about
mental health

