



# BIPOLAR DISORDER MANIC DEPRESSIVE

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# Background

- Bipolar disorder is one of the earliest described mental disorders
  - Described in 1921 when manic depressive insanity was used to describe cyclical episodes of mania alternating with depression
  - Bipolar disorder was used in the 70's to differentiate the condition from schizophrenia



# Pathophysiology

- Core features are a pathological disturbance in mood, ranging from extreme elation or mania to severe depression
- Usually accompanied by disturbances in thinking and behavior, which can be psychotic
- There is a genetic tendency and run in families
- Chronic stress early in life in vulnerable persons has been found to be a risk factor

# Incidence

- 1.5 – 2% of USA population (2 million)
- Usually starts in late adolescence often appearing as depression in the teen years
- Equal number of men and women
  - Men tend to start with manic episode
  - Women tend to start with depressive episode
- Found among all races, ethnicity and social classes



- Bipolar disorder affects a person's ability to experience a normal range of mood
- Marked by extreme mood changes at both end of the spectrum
- The mood swing can last for hours, days, weeks or months
- Every extreme mood swing lasting more the one week is called an episode
- 4 or more episodes in one year is called rapid cycling bipolar



- Frequently, a patient will experience several episodes of depression before the manic episode starts
- Bipolar should always be a differential diagnosis in clinical depression
- Substance abuse, risk taking behavior and suicide rates are very high (10-15% of cases)
- Bipolar causes substantial effects of relationships
  - Divorce rates are 2-3 times the population
- Occupational status is twice as likely to cost them a job or lose a job

# Types of Episodes

- Manic or mania
  - Distinct period of an abnormally and constantly elevated, expansive or irritable mood
- Hypomanic or hypomania
  - Milder form lasting 3-4 days
- Major depressive episode
  - Extreme depression or loss of interest in pleasure or any activities for at least two weeks
- Mixed episode
  - Experience both manic and depressive episode every day for at least one week

# Diagnostic Criteria for Manic Episode

- Elevated expansive or irritable mood more than 1 / week
- With three or more of the following symptoms
  - Grandiosity or inflated self esteem
  - Decreased need for sleep (rested with 3 hours)
  - More talkative than usual
  - Flight of ideas and racing thoughts
  - Distractibility
  - Increase in goal-oriented activity
  - Excessive involvement in pleasurable activities with high potential for bad consequences
    - Shopping, business deals, sexual indiscretions



# Diagnostic Criteria for Depressive Episode

- Five or more during the same two-week time span
  - Depressed mood most of the day
  - Decreased interest in pleasure or any activity most of day
  - Significant weight loss or weight gain
  - Insomnia or hypersomnia
  - Agitation
  - Fatigue or loss of energy
  - Feelings of worthlessness or inappropriate guilt
  - Decreased ability to concentrate or indecisiveness
  - Recurrent thoughts of death or suicide ideation
    - Without a plan or previous attempt

# Conventional Care

- Lithium has been the mainstay of treatment for decades
  - Side effects diarrhea, tremors, nausea, polyuria
- Valproate has also been used for mood stabilizing effects
- There is a large percentage of patients that do not respond to Rx medications
- Psychological care with cognitive therapy
  - This targets the temperament, developmental experiences and vulnerabilities

# Nutritional Considerations

- Inositol
  - Has been found to be as effective as single-drug therapy
    - Study of severe depressive and moderate bipolar by measuring CSF levels of low inositol
- Phenylalanine with pyridoxine
  - Has been found to improve mood
- Comprehensive nutritional supplement with broad based chelated minerals and vitamins in high doses
  - Patients in a six-month study had up to a 65% reduction of symptoms

# Nutritional Considerations

- St. John's wort
- Ginkgo biloba
- Omega-3 fatty acids

# Light Therapy

- Bipolar patients have been treated successfully with bright full spectrum lighting





# Plan for Conservative Care

- Maintain a regular daily schedule
- Get daily exercise
- Have a social support system
- Have a plan for when you are having a lot of symptoms
- Figure out what's you
- Work, volunteer, or have a focus outside yourself

# Moving toward mood improving behaviors

- S Schedule activities – behavioral
- P Pleasurable activities – behavioral
- E Exercise – behavioral
- A Assertiveness – interpersonal
  - Means asking for what you want
- K Kind thoughts about you - cognitive

# Destabilizing Factors

- Alcohol – zero is best
- Sleep deprivation
- Travel across time zones
  - Two studies have found that traveling east caused more depression and traveling west caused more manic
- Stress
- Stopping antidepressants to fast
  - Should take four months to reduce meds