



Am I Bipolar ? : How Bipolar Quiz & Tests Reveal The Answers

Heather Rose

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What is bipolar disorder? Bipolar disorder also commonly referred to as the manic depressive disorder, is a brain illness that is associated with abnormal mood swings, activity and energy levels as well as the ability of the affected person to perform normal daily activities. It can range from the lows of depression to the highs of obsession. As a result of the depression one may lose pleasure or interest in a lot of the activities and end up hopeless or sad. Whereas your mood may swing into obsession one may feel full of energy or euphoric. The symptoms of this condition are severe, and are quite different from the normal mood swings you undergo through from time to time. These symptoms may result to poor performance in the work place, poor performance in school, suicide or damage your relationship. However, it is important to note that bipolar disease can be treated and those suffering from it may regain their normal productive lives. This condition is very common in early adults and late teens. Although some people develop early signs during their childhood many develop its signs late in their life. Symptoms of bipolar disorder People suffering from this disorder often experience abnormal severe emotional states periodically. One may experience a joyful period for sometimes and later the mood may change to a depression or an obsession period. Another common symptom is the severe changes in activity, behavior, sleep or energy levels that are associate with the mood swings. If you suffer from this condition you may experience periods of hopelessness, loss on pleasure and interest in different activities including sex. Other behavioral changes that are common include irritability, restlessness, poor concentration, poor memory; thinking about death, problems sleeping and one is easily distracted. Test For Bipolar Disorder The first step during test is a physical examination conducted by talking to a doctor, it involves an interview as well as laboratory tests. This disorder cannot be identified through a brain scan or a mere blood test, however, these test are essential in ruling out other causing factors such as brain tumor or stroke. If bipolar disorder is not caused by other illnesses then the physician may conduct a mental health examination. The doctor checks on any bipolar disorder history in the patient's family line. The test has to be conclusive to avoid mistaking it for the common unipolar disorder which is a major depressive disorder where the affected don't experience obsession. Treatment Of Bipolar Disorder Currently there is no cure for this condition; however different treatments are administered to help those suffering from this condition to gain much better control of their mood changes as well as the related symptoms. Bipolar disorder is long term and recurrent therefore an efficient maintenance treatment plan should be used. This treatment plan involves psychotherapy and other medication is essential in preventing relapse as well as minimizing the severity of its symptoms. Since different people respond differently to medication then different medications may be used to treat this condition. Among these medications include mood stabilizers, lithium, valporic acid as well as other anticonvulsant medications.

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