



Adult Bipolar Disorders: Understanding Your Diagnosis and Getting Help

Mitzi Waltz

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Bipolar disorders are changes in the brain and nervous system that cause severe mood swings, from the deepest suicidal depression to the most elevated euphoria. Approximately 2 million adults in the US have a bipolar disorder, according to the latest figures from the National Alliance for the Mentally Ill (NAMI). Worldwide prevalence hovers around 1 percent. Left untreated, bipolar disorders can plunge a person into absolute hell. Suicide is a possible outcome, as are school failure, limited job prospects, legal difficulties, and hospitalization. Families and communities pay a heavy toll when this disorder is not recognized and treated. Many traditional treatments, investigational medications, and complementary therapies can address symptoms and improve the lives of people with bipolar disorders. In some cases, the results are spectacular. *Adult Bipolar Disorders: Understanding Your Diagnosis and Getting Help* covers the range of topics that people need to know about in order to help themselves or a loved one:

- Describes the range of bipolar disorders
- Explains how to get a diagnosis, including descriptions of all diagnostic tests and checklists used by professionals
- Dispels myths and misconceptions about this very misunderstood disease
- Describes all medications, therapy, and other interventions, such as improving sleep patterns, preventing seasonal mood swings, diet, and supplements
- Explores family life with bipolar disorders
- Suggests ways to cope with diagnosis and treatment, including advice on support systems, insurance, and employment
- Lists extensive resources

Author Mitzi Waltz, an advocate for adults and children with neurological disorders, has included the stories of dozens of people with bipolar disorders.

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