



Bipolar Disorder

Bipolar disorder (also known as manic-depressive illness, manic depression or bipolar affective disorder) can manifest as very unstable emotions, characterised by abnormal swings of elevated and depressed moods.


Common Symptoms




Manic Episodes




Feeling a high, persistently elevated mood




Inflated self-esteem




High levels of energy and activity



Racing and innovative thoughts



Feeling superior to others and self-important



Acting recklessly, e.g. impulsive spending, gambling or risky investment



Depressive Episodes



A persistent depressed mood



Loss of interest in things



Feeling hopeless



Loss of energy



Negative thoughts



Slowness in speech, thinking and movement



Less talkative or silent



Suicidal thoughts

Causes

A family history of bipolar disorder increases the risk. Frequent family conflicts, traumatic childhood experience, along with environmental factors such as a stressful life or a difficult life event may trigger the condition.

Treatment

Treatment includes medications such as serotonin-increasing antidepressants and mood stabilisers, along with psychotherapy to help manage emotions and stress levels as well as explore solutions for problems.

Happy Valley
Hong Kong Sanatorium & Hospital
3/F, Central Block
2 Village Road, Happy Valley, Hong Kong
Tel: (852) 2835 8497
Fax: (852) 2892 7451
Email: mhcn@hksh-hospital.com
www.hksh-hospital.com

Central
HKSH Healthcare
1/F, 33 Des Voeux Road Central
Central, Hong Kong
Tel: (852) 2523 7887
Fax: (852) 2523 7873
Email: mhcn@hksh-healthcare.com
www.hksh-healthcare.com

North Point
HKSH Healthcare
3/F, The Tanner Hill
8 Tanner Road, North Point, Hong Kong
Tel: (852) 2219 9012
Fax: (852) 2892 7572
Email: mhcn@hksh-healthcare.com
www.hksh-healthcare.com