



Frequently Asked Questions About Bipolar Disorder

Is there a test to tell me if I have, or may inherit, bipolar disorder?

Currently, no test can tell if a person is at risk of developing bipolar disorder.

What if someone I know has bipolar disorder?

Family members may want to express concern by describing behaviors to that person in a nonjudgmental fashion. At the work site, violations of safety codes or negligence may need to be reported to supervisors.

If I am diagnosed with bipolar disorder, will I be on medication for the rest of my life?

Not necessarily. However, patients are encouraged to stay on medication indefinitely if an episode was very frightening or risky.

How can lifestyle affect bipolar disorder?

Lack of a consistent routine and sleep can trigger a mood episode. Choose activities that allow proper rest.

What are some signs that I need to call my doctor?

You should call your doctor immediately if you experience suicidal feelings or other warning signs.

How common is suicide among people with the disorder?

People with untreated bipolar disorder have an estimated suicide rate of 15 percent.

What if I feel like quitting my treatment?

A person with bipolar disorder who does not receive treatment may lose years from their life. Discontinuing medication abruptly can trigger a rapid recurrence of symptoms.

©2002 Achieve Solutions

**Call ValueOptions today.
(800) 700-8646**

