



# Bipolar Disorder For Dummies

*Candida Fink, Joe Kraynak*

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## Take control of bipolar disorder

When you or a loved one is diagnosed with bipolar disorder, it can be a time of fear and worry. *Bipolar Disorder For Dummies*, 3rd Edition is a reassuring guide that sorts out the differences between bipolar I, bipolar II, and cyclothymic disorder; explains the biology behind the illness; and covers the latest medications, therapies, and self-help techniques to ease and eliminate symptoms, function in times of crisis, and plan ahead for manic or depressive episodes.

This latest edition includes coverage of the *DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, 5th Edition)* classifications and specifiers for bipolar disorder, updated content on genetics, biochemistry, and imaging studies relevant to bipolar; expanded coverage on how to handle the high costs of treatment; guidance for supporting a loved one (who may not want help); and expert insight into medications and treatment options, including electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS), and deep brain stimulation (DBS); along with new coverage on special populations (differences in diagnosing and treating bipolar disorder in women, seniors, expectant moms, ethnic populations, and other groups).

Bipolar disorder, which has also been called manic-depression, is a brain disorder that causes unusual mood swings and shifting energy levels. The symptoms of bipolar disorder can, if not understood and properly treated, disrupt relationships, families, and careers. The good news is that bipolar disorder responds very well to the right medication, therapy, and self-help strategies and skills. When bipolar disorder makes you feel as though you're losing control, reach for *Bipolar Disorder For Dummies*--the book that puts you back in the driver's seat.

- Recognize the warning signs of mania and depression
- Tell the difference between bipolar I, bipolar II, and related conditions
- Discover which medications are best for treating both poles of bipolar disorder--depression and mania--and for treating related conditions, including anxiety
- Find practical strategies for dealing with medication side effects
- Develop communication, problem-solving, and conflict-management skills for preventing and dealing with the interpersonal conflict that often accompanies bipolar disorder
- Find out what you can do to help a loved one with bipolar disorder

*Bipolar Disorder For Dummies, 3rd Edition* offers straightforward, reassuring information about bipolar disorder to help you or your loved one conquer the illness.

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#### **April Baker:**

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