



DOCTOR DISCUSSION GUIDE

# Managing Bipolar Disorder

Bipolar disorder may affect your education, relationships, and occupation, so it's important to understand your symptoms and treatment options. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

## Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

<b>Bipolar I</b>	A type of bipolar that involves at least one manic episode. It usually includes a major depressive episode as well.
<b>Bipolar II</b>	A type of bipolar that involves a major depressive episode and at least one hypomanic episode.
<b>Euthymia</b>	A stable mental state that is commonly associated with bipolar disorder. Most people with bipolar will experience periods of euthymia.
<b>Hypomania</b>	A mild form of mania that involves elation and hyperactivity. During a hypomanic episode, someone with bipolar may experience excitement, hyperactivity, or irritability and they may have a reduced need for sleep.
<b>Hypersomnia</b>	Excessive daytime sleepiness or excessive time spent sleeping which may be a symptom of depression.
<b>Mania</b>	Mania is characterized by periods of great excitement, over-activity, and euphoria. It may also involve racing thoughts, extreme behavior, and irritable mood. Manic episodes occur in bipolar I.
<b>Anticonvulsant</b>	While anticonvulsants are usually prescribed to treat seizures, many of them are also used as mood stabilizers. They may be prescribed to control manic episodes in people with bipolar disorder.
<b>Antipsychotic</b>	Antipsychotic drugs help regulate brain circuits that control mood, perception, and thinking. They are sometimes prescribed to people with bipolar disorder because they improve manic episodes quickly.
<b>Hallucinations</b>	Hallucinations are characterized by physical sensations that are not real, such as hearing things, seeing things, or smelling things that aren't actually there. Sometimes, people with bipolar disorder experience hallucinations during extreme manic episodes or during periods of extreme sleep deprivation.
<b>Insomnia</b>	Insomnia refers to the inability to fall asleep or stay asleep. It is very common in depressive and manic episodes of bipolar.



