



FAME IS THE GAME

The most enigmatic princess on the silver screen, Carrie Fisher was diagnosed with Bipolar Disorder in her young teens.

On the literary front, Carrie became a sensation with her New York Times bestseller 'Postcards from the Edge', and won the Los Angeles Pen Award for best first novel.

Other famous artists who suffer or have suffered from Bipolar Disorder are as follows;

- Vivien Leigh, actress.
- Margot Kidder, actress.
- Sylvia Plath, poet, author.
- Ben Stiller, actor.
- Connie Francis, singer, actress.

E MAIL

In these days of 'staying green' and lowering our expenditure it would be beneficial if you do have a computer to receive your newsletter via e mail.

Please let us know if this is a possibility.

DID YOU KNOW?

Scientists have unveiled partially shared genetic profile between Schizophrenia and Bipolar Disorder.

"Part of the set of core genes could be explained by medication responses, however most of these core genes did not appear to be correlated to medication response" said Dr Ling Shao of the California School of Medicine, who conducted the research with his colleague Marquis Vawter.

GREAT READ!!

'Depressive illness – The curse of the strong' by Dr Tim Cantopher is a fantastic read for those who are suffering or have suffered depression.

For those of you that think depression is a sign of weakness, this is a fantastic book to read and absorb.

We have a copy in the office, so if you fancy taking it away to read just pop in.

IN THE MOOD

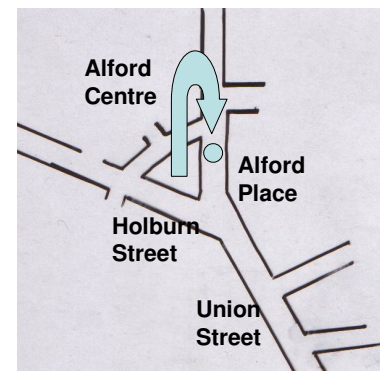
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Office News

Hello again!

For those of you whom I have met I have enjoyed meeting you and look forward to meeting more of you as I find my way in my job.

Please come and join Gavin, Jacqueline and me for a cup of coffee.

The new website has been set up.

The address is:

www.bipolar.uk.com.

Why not have a look!

The coffee is always on if you have some free time.

Please do not hesitate to give us a call if you need a chat or support and I am happy if you would like a one to one appointment.

As I learn more about the job, I realise how important funding is.

We have been lucky enough to have a pledge to revamp and buy stationery.

We are still looking for recipes so that we can make a book, yet another fundraising idea. If you would like to get involved please ring the drop-in.

We have the holiday weekend coming up so will be closed 19th and the 22nd of September 2008.

Morag.

Pharmacy Talk

The most recent talk given by **Eileen Howitt**, pharmacy manager at Cornhill Hospital on Thursday 31st of July was an absolute success.

Twelve members attended which was a fantastic turnout for Eileen's power point presentation and speech. She discussed various topics of interest particularly regarding the importance of compliance with medication. The importance of checking over the counter medications is vital, as some could interfere with prescribed medication.

Using the same pharmacist would be less problematic.

As many people with a mental health problem do smoke, it was also discussed that smoking cessation can result in a fluctuation of medication levels, and should be discussed with your doctor.

Alan Macdonald, Pathways to Work Advisor for Department of Work and Pensions will be doing a talk on Friday 22nd of August at 2 00pm.

The main points of this meeting will be discussed at our usual support meeting on Thursday 28th of August at 7.30pm.

Why not come along!

LITHIUM

Lithium is one of the best tested, longest used treatments since the 1960's, and most effective interventions for Bipolar.

Psychiatrists are now moving away from the newer medications back to the old treatment Lithium because of side effects.

Points to remember:

Always take prescribed dose. Appropriate doses can vary widely from person to person even people of similar weights.

Make sure you get regular blood tests .Your GP may request further tests to be done e.g thyroid and kidney function.

Lithium levels can rise as you lose fluid so be wary in hot weather and vigorous exercise and limit your consumption of diuretics, including, including coffee and alcohol.

If you experience vomiting, dizziness, lack of coordination, blurred vision, or other signs contact your doctor immediately.

Lithium wasn't cooked up in a multi million dollar lab.It is a naturally occurring salt that happens to calm the nerves, and when used under a doctor's supervision has manageable side effects for most people.

It is often effective in managing both poles of bi-polar - mania and depression.

One of the biggest challenges with Lithium is that blood levels must be maintained in a very narrow range.

Extracted from 'Bipolar Beat' by Candida Fink MD and Joe Kravynak

A very interesting book on the creative process and affective disorders is Kay Redfield Jamison's 'Touched with Fire.' New York, 1993.

Dr Jamison studied biographies and other sources of information before she included these people on her lists, based on her own professional diagnostic skills.