



VANADIUM

There is a controversy as to whether vanadium is an essential trace mineral in human nutrition.

The major concern is that excessive levels of vanadium have been suggested to be a factor in bipolar disorder, as increased levels of vanadium are found in hair samples from manic patients, and these values fall towards normal levels with recovery.

Vanadium, as the vanadate ion, is a strong inhibitor of the sodium-potassium pump.

Lithium, the drug of choice for bipolar disorder has been reported to reduce this inhibition too.

Extracted from Encyclopedia of Natural Medicine by Michael Murray and Joseph Pizzorno.

Did you Know?

A debate rages in the medical community on the prevalence of bipolar and ADHD. According to some, the disorders are over diagnosed while others think the conditions are understudied. Thus the debate rages and goes on.

DISCOUNT!

If you or the person you care for – as long as they live in the same household – receives their gas and electricity from Scottish Gas and are in receipt of any of the following benefits, discounts, and credits you may be entitled to a 10% discount on your gas and electricity bills.

These include: DLA, AA, Pension Credit, War Disabled Pension, Council Tax Benefit, Housing Benefit, Working Tax Credit, Income Support and Job Seekers Allowance.

For further information contact:

0845 850 2207

**VSA Carers News Issue 42
Summer 2008**

GOOD LAUGH!

You know its time to admit that your mother really did know best when

You've been on the look out for an attractive draft excluder for quite some time now! Ha! Ha!

IN THE MOOD

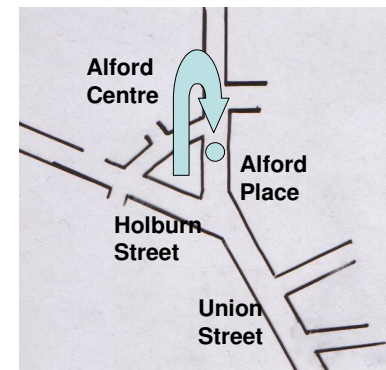
Edition 101

July 2008

NEWSLETTER BY

BIPOLAR ABERDEEN

8 Alford Place
Aberdeen
AB10 1YB
Tel. 01224 573910



E-mail: office@bipolar.uk.com

The views expressed are those of the authors and not necessarily those of Bipolar Aberdeen.

Bipolar Aberdeen is a Registered Charity (SCO 25471) and a Company Limited by Guarantee (206721)

Office News

Hi! Let me introduce myself. I am the project worker who has replaced Gill. I started work in Bipolar Aberdeen the last week in June I know some of you have met me but here is a short history of my working life.

My name is Morag Tawse. I have worked in the Mental Health field for many years.

I went back to full time education as a mature student gaining B.A. in Applied Social Sciences and a Social work Diploma. I originally was a hairdresser.

My most recent job was as branch manager of a care company but prior to that I worked in the community mental health team in Peterhead and a social worker/care manager. Before that I worked in Ellon, Banff and Turriff also as a care manager again working with people who have mental health problems but also older people and people with physical disabilities.

I am looking forward to working in Bipolar Aberdeen and to meeting up with you. Please come in and have a chat and a cup of coffee,

Best wishes
Morag

Future Events

Future Newsletters

This is a good forum for sharing experience and information. Please feel free to come in with anything you think would be good to share.

The next Thursday night meeting will be on the 31st of July at 7.30pm in the Alford centre and we will have Ilene Howitt, a pharmacist from Cornhill as a guest speaker.

We are thinking about trying to get a recipe book together to raise some funds for the project, so any ideas and recipes would be greatly received!!

We are also planning on organising some social events for members, carers, family and friends.
Do you have any suggestions?

The sponsored walk was a huge success, a walking group could be set up on a monthly basis.

See what you think. Put some ideas our way!

Bipolar Illness and Alcoholism

There was a study that showed that a medication called Aripiprazole, or Tradename Abilify which is used to treat Bipolar, may be helpful for treating alcohol dependence.

The researchers found that among people who were given the Aripiprazole, there was a decrease in the euphoric effects of alcohol, and an increase in the sedative effects of alcohol.

However it was noted that much more research is needed before one can draw conclusive evidence.

And this study was conducted with social drinkers, not those suffering from alcoholism.'

TOLD YOU SO

Thou shalt go to bed only when you feel tired.

Thou shalt allow others to occasionally get a word in edgeways.

Thou shall not send people crazy e mails in the middle of the night.

Danger Signals

25% of Britons have at least one mental health problem in any one year.

450 million people worldwide have a mental health problem.

10% of children experience mental health problems at any one time.

70% of the prison population have two or more mental health disorders.

10% of the UK population experience depression in any one year.

60% of people with phobias or obsessive compulsive disorders are female.

25% of unemployed people have a common mental health problem.

Source: The Mental Health Foundation
www.Guardian.co.uk