

10 COMMON MYTHS ABOUT BIPOLAR DISORDER.

1 Bipolar is merely mood swings

2 manic episodes are characterized by extreme happiness.

3 Bipolar shifts always happen very quickly

4 Its okay to quit medication during manic episodes

5 Bipolar disorder is very rare

6 Bipolar disorder is not an illness

7 People with bipolar are inherently unstable or violent

8 Most people with bipolar disorder are women

9 Prolonged substance abuse can eventually lead to bipolar disorder

10 People with bipolar disorder cannot hold down jobs

From x-raystechschools.org

Did you know?

Antipsychotics can cause dystonia.

Antipsychotic medications used to treat bipolar disorder can cause dystonia, a rare neurological movement disorder characterized by involuntary muscle contractions, which force certain parts of the body into abnormal, sometimes painful, movements or postures

IN THE MOOD

Edition 116

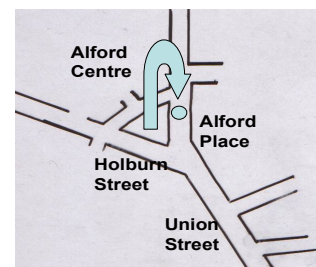
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OFFICE NEWS

Well that's us into November already where has the year gone! We have had some really good news this month as we have had two very generous donations. One of £200 from Talisman Energy and one of £2,000 from Apache North Sea Limited.

I would like to take this opportunity to say thank you very much to both Apache North Sea Limited and Talisman energy for their very generous donations and their support.

Gavin

The Board would appreciate your feedback on the service provided to you by Bipolar Aberdeen. We hope that you can spare 5 minutes to complete the enclosed survey and post it back to us in the enclosed envelope. If you need more space, please enclose an additional sheet with your survey.

For those who receive this by E-Mail, please complete the attached file and E-Mail to office@bipolar.uk.com. Our thanks to you in advance.

FUTURE EVENTS

The office will be closed on Monday the 9th of November and reopen on Monday the 16th of November. This is to accommodate staff holidays, we are sorry for any inconvenience that this causes.

POETRY

Bryan Adams is looking for any budding poets out there. He is currently writing a new book and would like to include poem from people suffering from bipolar disorder.

If you would like to be included please send your

RESEARCH

BDRN (Bipolar Disorder Research Network) are looking for volunteers to participate in bipolar research.

If you think you may be willing to help with the research and/or would like to find out more, please contact BDRN by e-mail or telephone and they will be delighted to provide more information and answer any questions that you might have. You can also find out more information on their website.

Please also contact them if you would like copies of their news letters or leaflets for your own information or to pass on to other people you feel might be interested in the research.

Contact details:-

Email:
moodresearch@cf.ac.uk

Phone: 02920 744392

Website: www.bdrn.org

Bipolar Disorder and Post-Partum Disorders

Women with bipolar disorder have dramatically elevated rates of post partum psychosis as well as an increased risk of post partum depression," says Susan Hatters Friedman, M.D., in an editorial published in this month's edition of the *American Journal of Psychiatry*. And a study published in the same edition notes that "Research on postpartum mood disorders has ... largely ignored or neglected bipolar II disorder." As a result, say the researchers, women with bipolar postpartum depression are often treated inappropriately with antidepressants alone.

(post partum depression can affect women in the first four weeks after giving birth)

From about.com