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The Everything Health Guide to Adult Bipolar Disorder: Reassuring advice for patients and families

Dean Haycock

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More and more people are being diagnosed with bipolar disorder, which affects 2.6 percent of all American adults. This diagnosis can be scary for patients and their loved ones, but new medications, therapies, and lifestyle changes have transformed treatment and benefited patients. With this health guide, you'll find authoritative, reassuring advice on topics like:

- The causes of bipolar disorder
- Common side effects to medications
- Alternative and nontraditional approaches
- Mania and manic episodes
- Links between bipolar and other disorders

This completely revised and updated edition includes the latest treatment options as well as recent studies and classifications. Bipolar disorder is a complex diagnosis. With this positive, supportive guide, you'll find the answers to all your questions--even the ones you haven't thought to ask.

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