

# Bipolar Disorder



**NWA**  
**PSYCHIATRY**  
a MANA clinic

Lance C Foster, MD  
Randall D. Staley, MD  
Nicholas Hopkins, APRN  
Child, Adolescent &  
Adult Psychiatry

## About Us

We provide:

- Evaluations
- Diagnosis and Treatment
- Medication Management
- TMS Evaluations and Treatment

## Office Hours

Monday-Thursday  
8:00am - 5:00pm  
Friday 8:00am-12:00pm

psychiatry@mana.md  
www.mana.md/northwest-arkansas-psychiatry



@northwestarkansaspsychiatry



## What is bipolar disorder?

Bipolar is a chronic or episodic mental disorder. It can cause unusual, often extreme and fluctuation changes in mood, energy, activity, and concentration or focus. The range of mood changes can be extreme and typically lasts days or longer. In manic episodes, someone might feel very happy, irritable, or "up" and there is a marked increase in activity level. In depressive episodes, someone might feel sad, indifferent, or hopeless, in combination with a very low activity level. Most of the time, bipolar disorder develops or starts during late adolescence or early adulthood. Proper treatment leads to better outcomes.

## What are the symptoms of bipolar disorder?

SYMPTOMS OF A MANIC EPISODE	SYMPTOMS OF A DEPRESSIVE EPISODE
Feeling very up, high, elated, or extremely irritable or touchy	Feeling very down or sad, or anxious
Feeling jumpy or wired, more active than usual	Feeling slowed down or restless
Racing thoughts	Trouble concentrating or making decisions
Decreased need for sleep	Trouble falling asleep, waking up too early, or sleeping too much
Talking fast about a lot of different things ("flight of ideas")	Talking very slowly, feeling like you have nothing to say, or forgetting a lot
Excessive appetite for food, drinking, sex, or other pleasurable activities	Lack of interest in almost all activities
Thinking you can do a lot of things at once without getting tired	Unable to do even simple things
Feeling like you are unusually important, talented, or powerful	Feeling hopeless or worthless, or thinking about death or suicide

479-571-6363

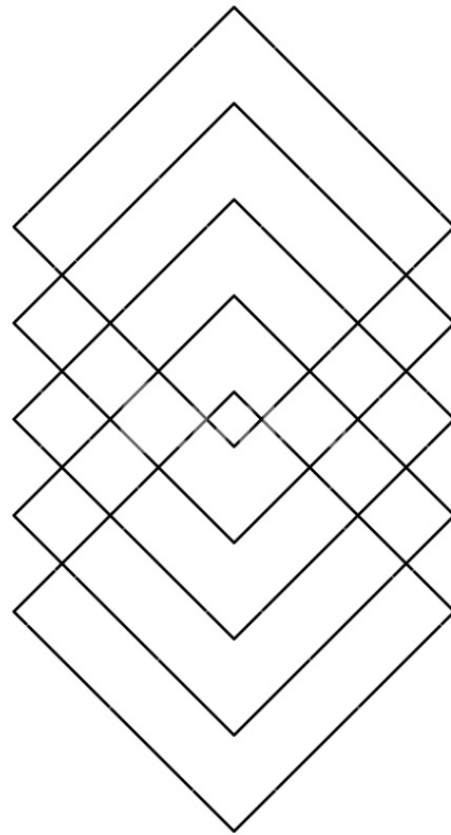
4700 S Thompson Street, Springdale, AR 72764

## How is bipolar disorder treated?

Treatment helps many people, even those with the most severe forms of bipolar disorder. Doctors treat bipolar disorder with medications, psychotherapy, or a combination of treatments.



If you or someone you know is in immediate distress or is thinking about hurting themselves, call the National Suicide Prevision Lifeline at 1-800-273-TALK



## Coping with bipolar disorder

Living with bipolar disorder can be challenging, but there are ways to help make it easier for yourself, a friend, or a loved one.

- Get treatment and stick with it—recovery takes time and it's not easy. But treatment is the best way to start feeling better.
- Keep medical and therapy appointments, and talk with the provider about treatment options.
- Take all medicines as directed.
- Structure activities: keep a routine for eating and sleeping, and make sure to get enough sleep and exercise.
- Learn to recognize your mood swings.
- Ask for help when trying to stick with your treatment.
- Be patient; improvement takes time. Social support helps. Remember, bipolar disorder is a lifelong illness, but long-term, ongoing treatment can help control symptoms and enable you to live a healthy life.