

## What is Bipolar Depression?

Around 10% of all Americans suffer from some form of depression during their lives. If you did your research you'd find that almost all developed countries around the world suffer from similar statistics.

Depression in general affects the way we behave from our sleeping patters up to the way we think and live life.

Here are some signs you should look out for:

- ? Insomnia
- ? Headaches
- ? Eating and digestive disorders
- ? Lack of motivation
- ? Lack of concentration
- ? Fatigue

Depression has many types and sometimes therapist can get them mixed up with other forms of depression. One of the most severe cases of depression is "Bipolar Depression." Some people believe that Attention Deficit Hyperactivity Disorder (ADHD) and Bipolar depression are closely related and can sometimes confuse therapists.

The difference between depression and bipolar depression is in the severity mentality and behaviour. A person suffering fro bipolar depression is said to have manic episodes. It's a severe episode and will repeat itself four times in ten years on average when untreated. The manic episodes can be predicted because it usually runs in a cycle that is distinguishable to each character.

Today's scientists believe that bipolar depression is strongly related to genetics. It is also said that bipolar depression occurs in adolescence or in early adulthood and may continue throughout life if untreated.

### Treating Bipolar Depression

The most current treatment is very effective in treating bipolar depression. However in most cases due to the mood swings they go through, they often turn towards drugs and alcohol abuse to suppress their state. This maybe lead to loss of job, marriage issues, social issues and more.

Most bipolar depression patients on treatment often discontinue with their treatment or don't comply by them. While patients are in their manic episodes, some of them feel comfortable in this state of mind and this is a serious problem with their perception and can often distort their behaviour causing more problems in the future.

Someone on bipolar depression often lack the ability to concentrate and think in a logical way and often run the risk of no complying with their treatment and turn to drugs and or alcohol and could turn into an addict.

In conclusion it is strongly recommend that anyone with bipolar depression starts and continues treatment if they have already seen their doctor. It can affect a person's entire life and change it upside down if they let it.

Source: <http://www.articlecircle.com>

### About the Author

If you are looking for depression treatment or depression treatment then <http://www.depressioncritic.com/> can help you.