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Library Science

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I-Search rough draft

Bipolar, a disease that affects a person's physical and mental moods. It consists of episodic periods where the person may experience fatigue, personality changes and mood swings. The mood swings are caused from numerous different reasons such as stress, depression, genetics or even neurotransmitters. I have seen first hand the effects that this puts on a person. A very close family member of mine has been diagnosed with bipolar disorder. I have relived the traumatizing cycle that this disease puts on an individual more than once in a lifetime. I am willing to do everything in my right mind to prevent these symptoms from coming back again. How, if possible, can we stop these symptoms from coming back for good?

My prior knowledge of bipolar disorder was widely expanded. I knew that the disorder was caused by stress, depression and so on;that causes people to have multiple personalities. Those multiple personalities turned into mania, and on special occasions get them thrown into a mental hospital. These actions could be slowed down, stopped for a period of time with medications. However, I want to know if it is possible to stop these bad habits for good?

Are there treatments that you can do on your own? Are there things we can avoid to prevent another attack? Are there other medications out there that will have better overall affect? Will this just go away on its own? Will this be what my family member will die of...?

My search took all of about one week to complete. And with every new article was a epic memory of the past. They would describe almost spot on the situations that I have experienced.

I started off with an online keyword search of *bipolar* on google. All the information was typically the same. Caused from stress, depression yata yata. Treatments were mental hospitals an medications. I was already aware of all these treatments and such, however, I would like to know more.

As I continued with my search, I got more in debt with searches. And during one of my searches on Destiny I found something that caught my eye. Turns out there are different levels of Bipolar disorder. The first one is Bipolar one; It is the lowest classification. characterized by at least one manic episode or mixed episode. Usually, but not always, Bipolar I Disorder also involves at least one episode of depression. Then there is Bipolar two; where the person doesn't experience full-blown manic episodes. Instead, the illness involves episodes of hypomania and severe depression. Lastly we have Cyclothymia;It consists of cyclical mood swings. However, the symptoms are less severe than full-blown mania or depression.

While tangible progress may be slow, scientists are confident that the advanced research tools now in use will lead to more effective treatments for bipolar disorder in the future. Researchers have also been making use of MRIs in order to examine the brain structure and function of people with bipolar disorder. The majority of this research has been focused on characterizing the networks of interconnected nerve cells in the brain and the interactions among them which form the foundation for normal and abnormal neural behavior. Researchers have begun to speculate that certain abnormalities in these networks could be a factor in the development of bipolar and other mood disorders. Another possible cause that has received a great deal of attention is the imbalance of chemicals in the brain which transmit messages from one nerve cell to another, known as neurotransmitters.

Several things can go wrong with the transmitting process, including an overabundance or lack of certain neurotransmitters or a premature shutdown of the release of neurotransmitter

molecules. Many researchers believe that a low production level of a specific neurotransmitter such as dopamine or serotonin followed by a high production level may be the main cause of bipolar disorder. Others believe that changes in the sensitivity of the receptors on the nerve cells are the cause. While further research is needed to determine its exact role in bipolar disorder, the majority of scientists and researchers agree that it is certainly a plausible factor.

One of the oldest and most widely used medications used in treating bipolar is lithium. Approved by the FDA for acute mania in 1970, lithium has been an effective treatment for those with bipolar disorder for many years, mainly because of its mood-stabilizing properties. One of the newest additional treatments for bipolar is the use of omega-3 fatty acids. Researchers have found that the therapeutic ingredient seems to be eicosapentaenoic acid. One of the major upsides of taking omega-3 fatty acids is that there do not appear to be any negative side-effects.

The cures for Bipolar have improved dramatically throughout the past years. However, They have not been able to cure the disease for good. They can get medications, go to seminars and try to stay away from stressful subjects. Going for a run, and keeping your body in good health is good way of keeping away these symptoms as it states on a website that is sponsored by abilify.

My family member has been happily living for more than 40 years with these symptoms by doing just what this paper says is needed to live a healthy lifestyle. She takes care of a family of five and they couldn't be happier. From time to time, yes her symptoms do come back and her family members do have to bear with her for a month or so, however, she always finds a way to get through it.

Bipolar disorder affects approximately 5.7 million American adults, or about 2.6 percent of the U.S. population age 18 and older in a given year. More than 80% of those patients have a healthy lifestyle. I'm glad to say that I have a family member that is part of that.

Citation page

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