

Diagnosis Treatment and Coping with Bipolar Disorder in Women

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INTRODUCTION

If you or someone you know is suffering from bipolar disorder, get help from family and friends as well as a mental health professional. Despite the fact that the disease might be disruptive and lonely, it's crucial to remember that you're not alone. A happier and more fulfilled existence is attainable with treatment, a routine, and a strong inner group.

Effective therapies and assistance are available no matter how late in life you are diagnosed. Simply by attempting to gain a better understanding of your symptoms and mental health, you are taking steps toward arguing for an accurate diagnosis.

Diagnosis

Mental health experts frequently utilize a combination of symptom assessments, family and life history, and previously diagnosed medical problems to diagnose bipolar disorder. Even so, getting the correct diagnosis might be difficult. Approximately 69% of patients with bipolar disorder have been misdiagnosed at least once. Over a third of patients were misdiagnosed for more than ten years.

Women are more likely than men to experience depressive episodes; therefore an early diagnosis of major depressive disorder (MDD) is typical. When a person is given the wrong diagnosis or isn't diagnosed correctly for a long time, it can have a negative impact on their quality of life and ability to manage their condition.

Women are diagnosed at a later age than men. This could be due to a misdiagnosis, although symptoms may not occur until after pregnancy, childbirth, or menopause in other situations. Those who have been treated for major depressive disorder may now be able to treat depressive episodes alone, allowing them to concentrate on learning how to treat other symptoms [1-3].

Treatments for bipolar illness in women

While bipolar disease has no cure, there are various therapeutic options available to assist people manage their symptoms. It will almost certainly take some trial and error, as well as good communication with your doctors, to find the best treatments for you.

Treatment options will be determined by a variety of criteria, including your medical history, symptoms, age, and reproductive stage.

Medication

If you don't already have one, your doctor may recommend you

to a psychiatrist who may talk to you about your feelings, ideas, and behaviours before prescribing medication to help you manage them.

Lithium and other mood stabilizers are among the most widely prescribed and successful medicines for treating bipolar disorder. Additional medications, such as anticonvulsants, atypical antipsychotics, or antidepressants, may be prescribed by your doctor. Women with a co-occurring anxiety illness may be prescribed anti-anxiety medications. Hormone replacement treatment (HRT) may be an effective way for some women going through menopause to improve mood stability and relieve depression symptoms.

These medicines can produce mild to severe negative effects in some persons. If the bad effects of any treatment outweigh the benefits, you can always talk to your doctor. The sort of medicine you can take and the dosage you can take may be affected by pregnancy and nursing. You can get advice from your gynecologist as well as a mental health specialist. Before stopping or starting anything new, it's critical to constantly contact out [4].

Psychotherapy

Talk therapy, such as cognitive behavioural therapy, is also used by many persons with bipolar disorder (CBT). Speaking with a therapist can be beneficial in a variety of ways. They can provide you with the tools you need to deal with mood swings and symptoms that occur suddenly or unexpectedly.

Unlike medicine, therapy can help you recognize thought patterns and learn techniques for dealing with ordinary stressors and major life events, which are common triggers for mood episodes [5]. Talk therapy have proven significant benefits for women with bipolar disorder when used in conjunction with medications.

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