

Medication Used for Curing Bipolar Disorder: A Short Overview

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INTRODUCTION

Medication is an essential part of anyone's treatment for bipolar disorder. Medication can help control mood changes and relieve symptoms in people with bipolar disorder who experience sudden or drastic changes in mood, energy level, attention, and behavior. Medication can also help to avoid potential psychotic or depressive episodes and reduce their severity.

Bipolar disorder treatment works well when combined with counselling and making good decisions on a regular basis. If you've been diagnosed with bipolar disorder, you might be given one of the following medications. Be mindful that finding the best combination that works for you can take many tries.

Mood Stabilizers

Mood stabilizers are used to treat hypomanic or psychotic episodes, as well as depressive episodes in some cases. Lithium, valproic acid, carbamazepine, lamotrigine, and divalproex sodium are some examples. Mood stabilizers may take several weeks to fully take effect, and if you take a lithium-based stabilizer, you will need to have daily blood tests to ensure the dose is not toxic.

Antidepressants

Antidepressants are often given to people with bipolar disorder to relieve the effects of depressive episodes, but their effectiveness is debatable. Antidepressants can cause manic episodes if they aren't taken with a mood stabilizer, and they can also cause mood cycling. They can also lead to an increase in suicidal thoughts, particularly among teenagers. Discuss the advantages and disadvantages of using antidepressants to manage bipolar disorder with your doctor.

Antipsychotics

Antipsychotic drugs can be prescribed if mood stabilizers or antidepressants fail to control symptoms. Risperidone, olanzapine, aripiprazole, ziprasidone, quetiapine, asenapine, clozapine, and lurasidone are only a few examples.

Antipsychotics are often used instead of or in addition to mood stabilizers. Discuss the advantages and disadvantages of antipsychotics with your doctor.

Other Medication

Some medications can be prescribed by doctors to relieve the symptoms of bipolar disorder. Anxiety or insomnia can be treated with anti-anxiety medications such as benzodiazepines. Low thyroid levels caused by mood stabilizers may be treated with thyroid medication. If you're taking any other drugs or supplements, or if you're getting a new prescription, speak to your doctor about the potential for risky interactions.

Medication Management

When you take your medication on a regular and accurate basis, it will be the most reliable and safest. Here are a few pointers to help you handle your prescription effectively.

1. Do not combine your medicine with alcohol or other illegal substances. This can lessen the effects or exacerbate the unpleasant symptoms. People with bipolar disorder are more likely to use drugs or alcohol, so be mindful of the dangers.
2. Set a reminder on your phone to remind you to take your medication at the same time every day. If you forget to take a dose, consult your medication's instructions.
3. Keep track of your pills with a pill organizer to ensure consistency and warn you when you're running low. Request that your pharmacy give you notifications when your new prescription is ready.
4. Inform your doctor if you encounter any side effects. Before you can find the best drug combination for you, you might need to make a few adjustments.
5. Do not stop taking your medicine without first consulting your doctor. If you're feeling better, it's likely that the drug is working. You run the risk of relapse or increased mood cycling if you reduce or quit your medicine without consulting your doctor.

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Healthy practices can also help to improve the effectiveness of medicine. If you eat well, exercise regularly, get enough sleep, cut down on caffeine, and avoid narcotics and alcohol, you'll experience less symptoms and have more emotional control.

Many people feel that counselling or psychotherapy will assist them in developing healthier behaviors and overcoming possible obstacles to mental health.

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