

Destiny Grande

Dr. Burg

Bild 2

27 April, 2023

### Bipolar Disorder and its Effect on the Body

Bipolar disorder is a neurological disorder that is most often divided into two different categories. Bipolar type 1 and Bipolar type 2, both have similar effects on the central nervous system or CNS as well as other systems in the body such as the endocrine system. The CNS is responsible for many things such as speech, emotion, and memory. However, Bipolar Disorder can have a large impact on these functions, this is a mood disorder that consists of an irregularity between depressive episodes and manic episodes, followed by many symptoms in between. This disorder also has large effects on the hippocampus, which is located in the temporal lobe of the brain and has many functions, but in relevance to Bipolar disorder, it plays a large role in processing emotions. For those who have this disorder, it has been found that the hippocampus is smaller in some areas. The disorder has been found to have a large impact on cognitive functions due to very serious mood swings and the symptoms that follow it.

The disorder has two major emotions which are often switching back and forth. Depressive episodes have effects on cognitive functions, such as poor memory, inability to focus, and inability or difficulty in making decisions. Manic episodes have similar symptoms, such as inability to focus, excessive/fast speech, and irrational decision-making. There can also be irregularities, such as sleep, appetite, heart rate, high blood pressure, headaches, and joint pain. This disorder is often mistaken with depression, and schizophrenia due to the major changes in mood, and psychotic breakdowns, hallucinations, and delusions that can accompany this

disorder. There is yet to find a cure for the disorder, but can be treated with medication such as antipsychotics, mood stabilizers, and SSRIs.

YouTube Videos:

1. <https://www.youtube.com/watch?v=9TVfkb7s4i4>
2. <https://www.youtube.com/watch?v=hMT7PV01N0g>

References:

1. Clark, L., & Sahakian, B. J. (2008). *Cognitive neuroscience and brain imaging in bipolar disorder*. Dialogues in clinical neuroscience. Retrieved April 27, 2023, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3181872/>
2. Muneer, A. (2015, November 20). *Bipolar disorder: Role of inflammation and the development of disease biomarkers*. Psychiatry Investigation. Retrieved April 27, 2023, from <https://www.psychiatryinvestigation.org/journal/view.php?doi=10.4306%2Fpi.2016.13.1.18>
3. *How can bipolar disorder affect you physically?* Alta Loma. (2023, January 30). Retrieved April 27, 2023, from <https://www.altaloma.com/how-can-bipolar-disorder-affect-you-physically/>