Bipolar disorder

Nguyen Alisa Shonovna
Belarusian State Medical University, Minsk
Tutor - *Senior Researcher* **Sayanova Galina Ivanovna**, *Belarusian State Medical University, Minsk*

Bipolar disorder is a severe chronic mood disorder, which is also known as manic depression (MD). The disease is characterized by episodes of euphoria (mania) or hypomania alternating or commingling with episodes of despair (depression). Most of us know of it because of famous sufferers such as Vincent van Gogh. But although bipolar disorder is as common as diabetes, much of it goes unrecognized.

Nowadays there are good treatments available that can help keep the condition under control and, to a large extent, allow individuals to carry on normally. However, there is a form of bipolar disorder that is not treatable.

Treatment resistance is extremely common. Even under optimal maintenance conditions, almost half of bipolar patients with symptom remission will have a recurrence in 2 years under standard care (including medication combinations).

The objective of the work is to review treatment-resistant bipolar disorder and the bipolar disorder in Belarus.

Topics that will be covered include overview of bipolar disorder, hypomanic and depression episodes, prognosis, epidemiology and suicide risks.

Official estimates say bipolar illness affects 1 to 4 % of the population but some researchers believe the real figure is closer to 10 %, i.e. in Belarus there may be about 400 thousand people who during their live can become ill with bipolar disorder.

This disease and its consequences imply significant financial expenses of health organizations and, as well as criminalization, disability, destruction of financial stability, family relations, health impairment, deterioration of the quality of the life of patients and their relatives. The MD is associated with an increased risk of suicide (10-15%). The frequency of parasuicides reaches 25-50%, especially with mixed, psychotic and depressive episodes. Thus, timely detection and qualified treatment of patients with bipolar disorder can prevent their premature mortality and prolong their life, which fully corresponds to the goals of the State Program of Demographic Security of the Republic of Belarus adopted in 2007.