Pinnacle Peak Reports on Bipolar Disorder Symptoms

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Scottsdale, AZ ? Pinnacle Peak, a local addiction and mental health treatment center, recently released a blog on the side effects of bipolar disorder. They point out early in the blog that this condition is frequently stigmatized, and then set out to teach the reader all about bipolar disorder.

?Bipolar disorder is a mental health condition that primarily impacts a person?s mood. It has four different forms: bipolar I, bipolar II, cyclothymic, and unspecified. Each of these forms comes with a certain combination of side effects ranging from manic to depressive,? the blog explains. These conditions vary in severity, but can greatly impact people?s lives and identity, according to the article.

The blog informs the reader that bipolar disorder symptoms can be split into manic symptoms and depressive symptoms. ?Most people with bipolar disorder will experience periods of symptoms, as opposed to symptoms that persist near daily like those living with conditions such as PTSD or generalized anxiety disorder. These periods can vary in length and severity, with more intense periods being known as ?episodes,?? Pinnacle Peak shares. According to the blog, it?s not uncommon for bipolar disorder to be misdiagnosed at first, and tracking how long symptoms last can aid in a proper diagnosis. ?While there isn?t an exact timeline for symptoms that applies to everyone, most often the manic symptoms last about a week, and depressive symptoms last 2 weeks or longer,? it explains.

Next, the article details manic and depressive symptoms, and explains that they are essentially opposites of each other. Manic episodes include elevated mood, increased energy, insomnia, rapid thoughts and speech, and an inflated sense of power. Depressive episodes, on the other hand, might involve anxiety, sluggishness, lack of motivation, loss of interest in activities, hopelessness, and suicidal ideation. ?People with bipolar disorder may also experience episodes that have any combination of the above symptoms, both depressive and manic,? the blog adds. These are known as ?mixed episodes.?

Pinnacle Peak also takes a moment to differentiate between mania and hypomania. ?They have much overlap and can vary from individual to individual. The primary difference between them is how powerful the symptoms are and how long they last,? they explain.

The blog then delves into how often people may experience symptoms. ?People with bipolar I, when experiencing manic episodes, will experience symptoms for at least 7 days or more. When experiencing depressive episodes, symptoms last an average of two weeks,? it shares. Cyclothymic disorder involves symptoms throughout the year with less severity than actual manic or depressive symptoms. ?Bipolar II isn?t defined by set timelines but consists of depressive episodes and hypomanic episodes. If someone with bipolar disorder experiences four or more depressive or manic episodes in one year, this is known as ?rapid cycling,?? the article says.

?While treatment is often integral to managing bipolar disorder, this doesn?t mean that there?s nothing you can do to help yourself. In fact, there are many ways you can continue your treatment right from home,? the blog encourages the reader. It recommends anyone with bipolar disorder keep track of their mood, identify what triggers their episodes, find a solid support system, and be patient with themselves.

?Finding a good bipolar treatment program can be key to helping you manage your symptoms and live your life the way you want to. There are many great programs right here in Arizona that understand your needs and want to see you thrive,? the article ends.

Pinnacle Peak Recovery offers addiction and mental health services to Arizonans. Their evidence-based treatment is nationally recognized and led by Masters-level therapists. They work with clients one-on-one to improve every area of their lives, including their nutrition and their housing situations. For more information, visit Pinnacle Peak?s website or call 866-377-4761.

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For more information about Pinnacle Peak Recovery Detox Center, contact the company here:Pinnacle Peak Recovery Detox CenterTyler Tisdale480-660-3974info@pinnaclepeakrecovery.com6145 E Shea BlvdScottsdale, AZ, 85254

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