Behavioral Health Facility Warns: Men?s Bipolar Symptoms Often Go Unrecognized

June 25, 2025

June 25, 2025 -
Corpus Christi, TX ? Oceans Healthcare is a local behavioral health facility specializing in treating a range of serious mental health conditions. The facility recently published an article about how bipolar disorder impacts men.

The causes of bipolar disorder are thought to be the same for both men and women in most cases. Scientists who study the condition are still working to develop a clearer understanding of exactly how bipolar disorder develops.

?Current research suggests that three major components contribute to the development of bipolar disorder:

Men who grew up with family members who experienced bipolar symptoms are much more likely than the general population to develop bipolar disorder. There may be a genetic component to bipolar disorder. Further research is needed to find a definitive ?bipolar gene.?

Some research suggests that bipolar disorder is associated with a lower volume of gray matter in parts of the brain, including the prefrontal cortex and hippocampus. Both parts of the brain influence mood, emotions, and impulse control.

Periods of high stress are associated with the onset of bipolar disorder in both men and women. Trauma, loss, and other distressing events can lead to bipolar disorder. Sleep deprivation is another common environmental precursor to bipolar disorder. It?s not entirely clear why these factors appear to cause bipolar disorder in some people and not others, but it could have to do with certain genetic markers,? the article begins.

Three primary types of bipolar disorder affect men. All three types of bipolar are associated with the ?high?

moods of mania and the ?lows? of depression. However, the intensity and presentation vary depending on the exact diagnosis.

?Bipolar I is characterized by manic episodes that last at least 7 days. To qualify as a manic episode, symptoms must cause significant difficulty at work, school, or in other activities of daily living. Mania usually includes rapid thoughts, a lack of need for sleep, and an inflated sense of self.

Studies suggest that mania is more common in men than it is in women. Most men with bipolar I disorder also experience a depressive episode lasting for at least two weeks, but they aren?t required for the condition to be diagnosed. Depressive episodes are the opposite of mania. They include low energy, difficulty concentrating, and feelings of worthlessness,? the article states.

Men with bipolar II experience depressive episodes that last for at least 2 weeks. They don?t experience full-blown manic episodes. Instead, they experience less intense symptoms known as hypomania. The symptoms of hypomania only last for 4 days and aren?t as disruptive as manic symptoms are.

?Cyclothymic disorder features depressive symptoms and hypomanic symptoms that don?t amount to full episodes. Despite more moderate symptoms, cyclothymia is more chronic. With other bipolar disorders, men will usually experience extended periods of stability between episodes. Men with cyclothymia will have shorter periods of stability that don?t last longer than 8 weeks.

The chronic nature of the condition makes managing day-to-day life very difficult. Rapid cycling, where men go from depressed to hypomanic very quickly, is more common with cyclothymia. Mixed episodes, where men experience both hypomania and depressive symptoms at the same time, are also more common with this condition,? the article continues.

While men and women experience many of the same symptoms, there are some key differences in the way that the condition presents itself. Most notably, men experience an earlier onset of symptoms than women do.

?Men experience bipolar symptoms five years earlier than their female counterparts, on average. Although men often experience symptoms sooner, they don?t necessarily get treatment any earlier. Delaying treatment for bipolar disorder can cause symptoms to get more severe over time. If you are concerned that you or a young man in your life is showing signs of bipolar disorder, they need help. They need to see a professional who is familiar with diagnosing bipolar disorder in men, specifically. Earlier treatment is associated with better outcomes and an easier time managing symptoms,? the article concludes.

Oceans Healthcare has a background in geriatric care, which gives them the foundation to treat complex, high-acuity mental health conditions, like bipolar disorder. They accept 24/7 referrals. To learn more about Oceans Healthcare, call (361) 371-8933.

###

For more information about Oceans Behavioral Hospital Corpus Christi, contact the company here:Oceans Behavioral Hospital Corpus ChristiDax Parker361) 371-8933corpuschristiinfo@oceanshealthcare.com600 Elizabeth St Building B, 4th FloorCorpus Christi, TX 78404

Oceans Behavioral Hospital Corpus Christi

At Oceans Behavioral Hospital, we understand the importance of turning to someone you can trust with your behavioral health needs. .

Website: https://oceanshealthcare.com/ohc-location/corpus-christi/

Email: corpuschristiinfo@oceanshealthcare.com

Phone: 361) 371-8933