



# **Bipolar Disorder: A rollercoaster of emotions (Colección Salud)**

*Apolo Zepeda*

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## **Bipolar Disorder: A rollercoaster of emotions (Colección Salud)** Apolo Zepeda

Bipolar disorder complicates social relationships due to violent mood swings in a person. 4% of adult population suffers from this disorder and, did you know that this is the sixth cause of disability in developed countries?. There are different types of bipolar disorders and it is very important to know which one is the one we have so that the physician gives us a correct treatment. How do I know if I'm bipolar? The physician is the only person that can diagnose it, but you must pay attention to your behavior. Remember, the more informed you are the most success you'll have controlling your suffering. I know someone that has bipolar disorder, how can I help him? Knowing and understanding the illness is vital to reinforce the conscience of those who suffer from it.

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