Medical News TODAY			RSS wered by				
	Bipolar News	Useful Links					
	Both Mental And Physical Quality Of Life Affected By Bipolar Disorder						
	Main Category: Bipolar Also Included In: Psychology / Psychiatry; Alcohol / Addiction / Illegal Drugs; Smoking / Quit Smoking Article Date: 29 Oct 2008 - 8:00 PDT						
	email to a friend printer friendly view / write opinions rate article This press release is available in French and Spanish. A study corriad out in the						
	A study carried out in the Institute of Neurosciences of the University of Granada (Spain) and the Mental Health Unit of the Hospital Neurotraumatológico of Jaen (Spain) has evaluated the quality of life of patients suffering from bipolar disorder (BD), compared to the general						
	population, and which variables are associated with a lower quality of life. Some of the results of this research have been included in a scientific paper in the renowned international journal	or bournoad for Free					
	<i>Bipolar Disorders.</i> To carry out this work, UGR researchers Luis Gutiérrez Rojas and Manuel Gurpegui	Patient / Public: 5 (1 votes) Health Professional: 4 (1 votes) Article Opinions: 0 posts					
	population sample. Among the g	Find other articles on: "University of Granada" up made up of 1,210 persons from a general group of patients, 48 were euthymic, that is, without e; the remaining 60 patients (non-euthymic) presented evaluation.					
	every 100 people and consists of (depressive phases) alternating v	c-depressive psychosis, affects approximately 3 in of suffering recurrent depression episodes g with periods of euphoria (manic phases). The Ily in weeks or months) from happiness to sadness, rmality (euthymia).					

A lower quality of physical life

The scientists from Granada have found out that, as expected, patients with BD present worse mental health than the general population; but, in addition, they have discovered that they have a poorer quality of life at a physical level. This could be due to a higher consumption of addictive substances such as alcohol and tobacco, the long-term secondary effects of the pharmacological treatment and a more sedentary way of life.

From this research we also gather that BD patients who suffer a lower quality of mental life are those who started suffering from the disease younger than 20 years old, who have been suffering it for a longer time, who suffer the II subtype of the disease, who are dependent on tobacco and who are suffering depressive symptoms at present. In addition, the researchers from Granada have proven that having good social support (such as that of the family) is connected with a better quality of life for the patient.

Their work has also made it clear that depressive symptoms (sadness, listlessness, tiredness, concentration difficulty, insomnia, poor appetite, etc.) have a higher impact on the quality of life than maniac symptoms (excessive self-esteem, lack on inhibition, verbosity, hyperactivity, increase of sexual appetite, etc.). And they also produce more disability or negative repercussion for working capacity and family and social life; this is probably because maniac symptoms are usually shorter in duration and have a good response to medication, whereas depressive ones are usually more difficult to eliminate.

Página 2 de 3

A more active intervention

Luis Gutiérrez Rojas insists that there should be a more active intervention to help those people who present depressive symptoms or a high tobacco dependence. However, other variables which could seem less relevant, such as having a family history of the disease, having suffered many apisodes of the disorder or having carried out suicide attempts, are not variables significantly associated with a poor

News Category Menu		carried out suicide attem	pts, are not variables sigr	ificantly associated with a poor	
Bipolar			HYDAK [®] H	lydrophilic Coat	tings Dra an an
Categories A-B	>	-		, Durable & Reli	
Categories C-D	>		Lubiioloud	, Durabio a riori	
Categories E-G	>	Source: Lus Gutiérrez R Universidad de Granada			Feedback - Ads by Google
Categories H-L	>	Universidad de Granada			Customize your
Categories M-O	>	Please rate this article:	Patient / Public: or	Health Professional:	Medical News Today homepage
Categories P-R	>	(Hover over the stars then click to rate)			click here
Categories S-Z	>				Choose the news that appears on your homepage
View full category list		Learn Spanish with A	<u>ECS</u>	Useful Links	
		In Granada, intercultur	al courses 20%	🖻 Email 🛛 🖶 Print 🛛 < Top	Latest News For Bipolar
News Options	1	discount for students www.goaecs.com		Add to: 🕝	During A Response-Imaging Task, MRI Brain
Customized Homepage	e	Dineler Mentel Illnes	2	Digg	Activity In First-Episode Bipolar Mania
Weekly Newsletters		Bipolar Mental Illness Learn How to Cope an	d Deal with Your Loved	Del.icio.us	30 Oct 2008 Both Mental And Physical Quality Of Life Affected
Daily News Alerts		One's Bipolar Disorder		🗑 Reddit 🖡 Fark	By Bipolar Disorder
Neurostien Linke		BipolarCentral.com		Fark StumbleUpon	29 Oct 2008
Navigation Links		Bipolar Mental Illness		Yahoo!	Two Per Cent Of People In England In Contact With NHS Specialist Mental Health Services, New
Home		Information Online.	eatments. Free Bipolar	HealthRanker Wikio	Report Shows 29 Oct 2008
About Us		Healthline.com/Bipolar		E Facebook	
News Licensing		VV	Ads by GOOg	e	View more news
Free Website Feeds					Tadada Eraturad Haalib Midaaa
Free Tools & Content		Contact Our News Edit	ors		Today's Featured Health Videos
Links		For any corrections of fa	ctual information or to co	ntact the editors please use our	Chinese Martial Art
Tell a Friend		For any corrections of factual information, or to contact the editors please use our feedback form.			Helps You
Accessibility		Please send any medical news or health news press releases to: pressrelease@medicalnewstoday.com			Stay Balanced and Fit
Help / FAQ		pressrelease@mediCalh	ewsiouay.com		Tai chi has
Article Submission					been been
Contact Us		Back to top	Back to front page	List of All Medical Articles	shown to improve muscle
					strength, especially in knees and ankles, as well as lessen
Health Professional Si Psychiatry	tes 	Privacy Policy Term	arthritis pain and help in fall prevention. All of these can be especially important to seniors.		
		· · · · ·			
Urology					more videos are available in our health videos section.

5 Tips to Get a Flat Stomach

*Did you know that crunches & situps actually do NOT flatten your abs effectively?

*Did you know that there is a specific type of exercise that burns belly fat faster than cardio?

*Did you know that certain foods such as soy proteins, "diet" drinks, and others can actually increase your stomach fat?

More details in the article below.

Patient Information Hubs

Bipolar	
Diabetes	
Schizophrenia	

Clinical Trials







Click Here to Read the Article and Learn to Lose Stomach Fat

Ads by Goog

Most Popular Categories

Cancer cardiovascular dermatology hiv nutrition diabetes obesity pediatrics psychology neurology alcohol urology breast cancer women's health infectious diseases respiratory sexual health gastrointestinal pain pregnancy bones medical devices medicare depression prostate smoking alzheimer's allergy

http://www.medicalnewstoday.com/articles/127353.php

30/10/2008