

YOUR PERSONAL HEALTH SERIES

DEPRESSION AND BIPOLAR DISORDERS

EVERYTHING YOU NEED TO KNOW

VIRGINIA EDWARDS, M.D.

"[This] clear, sensitive, straightforward, and thorough review ... will help thousands of people understand their emotional problems, and give them the hope and direction they need to get the proper treatment."

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at the University of Pennsylvania

Depression And Bipolar Disorders Everything You Need To Know Your Personal Health

Julia Schneider



Depression And Bipolar Disorders Everything You Need To Know Your Personal Health:

The Everything Health Guide to Adult Bipolar Disorder Dean A Haycock, 2010-08-18 More and more people are being diagnosed with bipolar disorder which affects 2.6 percent of all American adults. This diagnosis can be scary for patients and their loved ones, but new medications, therapies, and lifestyle changes have transformed treatment and benefited patients. With this health guide, you'll find authoritative, reassuring advice on topics like: The causes of bipolar disorder; Common side effects to medications; Alternative and nontraditional approaches; Mania and manic episodes; Links between bipolar and other disorders. This completely revised and updated edition includes the latest treatment options as well as recent studies and classifications. Bipolar disorder is a complex diagnosis. With this positive, supportive guide, you'll find the answers to all your questions, even the ones you haven't thought to ask.

Take Charge of Bipolar Disorder Julie A. Fast, John Preston, 2023-05-09 Revised and updated. Take Charge of Bipolar Disorder is a groundbreaking, comprehensive program to help those with bipolar disorder and those who care about them gain permanent control over their lives. Most people diagnosed with bipolar disorder are sent home with the name of a doctor and multiple prescriptions. However, few people with bipolar disorder are able to find long-term stability with medications alone. Bipolar disorder researcher and expert Julie A. Fast, who was diagnosed with the illness at age thirty-one, and specialist John Preston, PsyD, offer the pioneering Take Charge program, used around the world, to help readers promote stability, reduce mood swings, increase work ability, decrease health care costs, and improve relationships. The book guides those with bipolar disorder and their loved ones toward a comprehensive personal treatment plan by incorporating medications and bipolar-safe supplements, lifestyle changes that help manage bipolar symptoms naturally, behavior modifications that reduce and prevent symptoms, guidelines on assembling an effective support team. By helping readers gather powerful strategies, Take Charge of Bipolar Disorder delivers a dynamic program to treat this difficult but ultimately manageable illness.

Radiation Rescue: 4 steps to safeguard your family from the other inconvenient truth: the health hazards of wireless technology Kerry Crofton, 2009-06-01 Prominent physicians and eminent scientists around the world are raising the alarm about the adverse health effects of wireless technology: cell phones, PDAs, wireless Internet access, headsets, and more. Most assume that if something is on the market, it must be safe. Surely, this wireless technology was pre-market tested before we flooded our homes, offices, schools, and cities. No, it was not tested for safety, and now leading scientists have the proof: it is not. And the government standards we rely on to protect us are out-dated and not relevant to this type of exposure; their safe levels have been shown to cause biological harm. Nor is there any government or industry post-market surveillance to monitor adverse health effects. People of all ages rely on these increasingly high-powered devices. It's not only business people, as it was not that long ago. Parents provide their young children with cell phones, believing it ensures their safety. Young adults most have never had a corded landline; chat and/or text endlessly with pals around the country. On the go, soccer moms tap away on their PDAs while waiting

for the children Many parents installed wireless baby monitors to keep their infants safe It is crucial that these consumers be informed that they know the proven dangers and the proven solutions To protect our families to save our health we dont have to give up the high tech gadgets we rely on and love we do need to use them differently K Crofton shows us how in *Radiation Rescue* In clear easy to understand language K Crofton gives readers the details tools coaching and resources they need to assess prevent and heal from the electro magnetic radiation exposure that surrounds us all An engaging narrative style will be consistent throughout the book with technical information references research and preventive measures for the healthy population Interventions of value are also provided for people with related symptoms and peer reviewed studies and clinical protocols are referenced for their doctors This informal interactive style written in scientifically accurate yet non technical language is well suited to readers of all ages

Bipolar Disorder Robert Duffy,2020-07-27 Bipolar disorder formerly called manic depression is a common condition affecting around 1 in 100 adults at some point in their lives Worldwide it affects about 254 million people with 2 4 million in the UK The exact nature of someone s illness will be unique to them These moods typically swing between low or depressive with feelings of intense unhappiness and despair and high or manic with feelings of supreme confidence euphoria and boundless energy Having bipolar disorder can be a frightening bewildering experience especially before diagnosis and treatment This book will help readers understand bipolar disorder and the kind of help available for the condition It will explain the causes of bipolar disorder its symptoms and effects how a diagnosis is made and how it s possible to lead a happy and fulfilling life by managing the condition with the correct treatments There will also be information for friends and family close to someone with bipolar disorder

Finding Herself There Melissa L. Ross,2017-07-14 Melissa L Ross author of *Surviving Crazy A Roadmap to the Scars* continues to survive crazy in her second book *Finding Herself There* When Ross depression resurfaces she resorts to electroconvulsive therapy to reclaim her sanity With insight and humor she shares her experiences in hopes to help other sufferers of mental illness not to feel so alone *Finding Herself There* offers a narrated journey of enlightenment rather than a continuation of her previous memoir In this second book Ross discusses her winding road of mental illness the ECT treatments and self discovery Relaying her opinions thoughts feelings and beliefs Ross tells how her experiences continue to expand her philosophical views on life spirituality and religion In *Finding Herself There* Ross presents her philosophy We may feel like we are going around in circles in life often ending up where we started but we are never the same as when we began because each experience we have and each person we meet changes us in some way Our journeys in life are not linear but circular as a winding road to truly knowing ourselves as well as the world around us On our journeys to finding ourselves we also find each other

Bipolar Disorder Robert P. Reiser,Larry W. Thompson,Sheri L. Johnson,Trisha Suppes,2018-03-13 An extensively updated new edition of the highly acclaimed guide to treatment of bipolar disorder incorporating the latest research on psychosocial treatments and clear medication management guidelines This extensively updated new edition of the acclaimed book integrates empirical

research from the last 10 years to provide clear and up to date guidance on the assessment and effective treatment of bipolar disorder The expert authors a team of psychotherapists and medical practitioners begin by describing the main features of bipolar disorder based on DSM 5 and ICD 10 criteria Current theories and models are described along with decision trees for evaluating the best treatment options They then outline a systematic integrated and empirically supported treatment approach involving structured directive therapy that is collaborative and client centered This edition includes completely updated medication management guidelines in the form of very concise and user friendly tables Special considerations including managing suicide risk substance misuse and medication nonadherence are also addressed This compact stand alone resource aims to help psychotherapists psychologists medical and psychiatric practitioners and nurses deliver the highest standards of care for people with bipolar disorder Health Assessment in Nursing Janet R. Weber, Jane H.

Kelley, 2013-11-14 Innovative systematic and user friendly Health Assessment in Nursing has been acclaimed through four previous editions for the way it successfully helps RN level students develop the comprehensive knowledge base and expert nursing assessment skills necessary for accurate collection of client data Maintaining the text's hallmarks in depth accurate information a compelling Continuing Case Study and practical tools that help students develop the skills they need to collect both subjective and objective data the Fifth Edition now features an exciting array of new chapters a greater focus on diversity and health assessment through the lifespan over 150 new illustrations more than 300 new photos of actual registered nurses and nurse practitioners performing assessments and an expanded array of teaching and learning tools

Complete Guide to Symptoms, Illness & Surgery H. Winter Griffith, 2012-12-04 The most trusted medical resource now updated expanded and revised For almost three decades readers have turned to The Complete Guide to Symptoms Illness Surgery for the most comprehensive and easy to use tool for diagnosing understanding and seeking treatment for any illness from the common cold to life threatening cancer and heart disease With up to date information on new medical therapies drugs and surgeries this authoritative all in one handbook will help sort out the confusing and conflicting information found online and many other places This edition has been completely revised and updated throughout and features More than 20 new illness and disorders topics ranging from Chronic Pain Syndrome to Perimenopause to Silent Stroke and Smoking Addiction Appendix covering diets and other preventive measures An extensive Glossary of medical related words and terminology with easy to understand explanations about medical tests and brief descriptions of certain rare diseases and disorders From signs and symptoms to information on complications and outcomes from diagnostic tests to advice on when to call the doctor The Complete Guide to Symptoms Illness Surgery is the most reliable and accessible resource available

The Clinical Placement Tracy Levett-Jones, Kerry Reid-Searl, Sharon Bourgeois, 2018-05-15 NEW author team Tracy Levett Jones and Kerry Reid Searl NEW chapter 6 featuring Reflection questions aligned to the 12 Insights from experts videos on evolve Need to know quick tips and Challenges you may encounter for each clinical area NEW introductory video

from Tracy Levett Jones discussing the challenges of clinical placement and the learning opportunity it provides **Ethics Handbook for Energy Healing Practitioners** David Feinstein, Ph.D., 2011-04-30 Ethical principles are far more than mere rules or regulations they are maps for bringing out your best as a caregiver and healer Responding to a lack of articulated or standardized ethical guidelines for energy healing practitioners David Feinstein PhD and Donna Eden developed a professional curriculum that has become one of the country's most successful and effective energy medicine certification programs Now this comprehensive case oriented guide allows veterans of the field and newcomers alike to work through a wide range of ethical dilemmas before they arise helping you to prevent professional errors that could hurt you your clients and your practice *The Courage to Rise* Liz Arch, 2018-12-24 Heal pain and triumph over trauma for good Whether or not we're consciously aware of it no one is spared from trauma From catastrophic events to everyday experiences of traumatic stress renowned yoga teacher Liz Arch is willing to bet that trauma has touched you or someone you love and may be affecting your physical emotional and mental health in surprising and devastating ways causing symptoms such as anxiety panic depression mood swings fatigue chronic pain and digestive issues Following her own experience with domestic violence and an ensuing struggle with anxiety and panic attacks Liz found her own path to holistic healing and has become an advocate for those who have suffered from trauma In *The Courage to Rise* she shows how trauma changes our brains and inhabits our bodies creating a vicious cycle of physical and psychological distress She offers an integrated approach to take control of your own healing and reclaim your wholeness through movement mindfulness and nutrition This hopeful and accessible guide addresses the three areas where trauma lives The body Move stuck emotions out of your muscles and tissues through twelve signature Primal Yoga movement sequences The brain A series of meditations and mindfulness practices to rewire your brain and break free from repetitive thought patterns overwhelming feelings and painful memories The gut Examine foods that may be exacerbating physical and mental disease discover the best whole foods to stave off depression and anxiety plus thirty delicious and nutritious gut healing recipes *The Courage to Rise* gives invaluable insight into understanding the nature of trauma and shares effective tools you can use immediately to begin regulating your nervous system strengthening your emotional resiliency and transforming pain into your greatest power Vancouver's Canadian Psychiatric Mental Health Nursing - E-Book Cheryl L. Pollard, Sonya L. Jakubec, 2022-05-07 Gain the knowledge and skills you need to provide psychiatric mental health nursing care in Canada Vancouver's Canadian Psychiatric Mental Health Nursing 3rd Edition uses a practical clinical perspective to provide a clear understanding of this often intimidating subject It provides a foundation in nursing techniques and a guide to psychobiological disorders such as bipolar and depressive disorders trauma interventions and interventions for distinct populations such as children and older adults Adapted to meet the needs of Canadian nurses by Cheryl L Pollard and Sonya L Jakubec this market leading text prepares you for practice with real world examples presented within a Canadian legal ethical and cultural context Canadian focus throughout includes key

considerations such as our nation's cultural and social diversity with federal provincial territorial distinctions Canadian research and statistics reflect mental health and mental health practice in Canada Research Highlight boxes are updated with examples of Indigenous research methodologies by Indigenous researchers and settler allies DSM 5 boxes provide criteria for disorders covered by the American Psychological Association Learning features include key terms and concepts learning objectives key points to remember critical thinking and chapter reviews reinforcing important information and helping to apply textbook content to the clinical setting Assessment Guidelines boxes summarize the steps of patient assessment for various disorders Drug Treatment boxes feature the most current generic and trade names for drugs used in Canada Patient and Family Teaching boxes provide important details that should be discussed with patients and care givers Integrative Therapy boxes highlight the different types of therapy may be used to enhance treatment Considering Culture boxes discuss the importance of cultural safety in providing competent care to diverse populations within various clinical situations NEW Safety Tip boxes highlight important issues of safety for psychiatric mental health care patient experiences and nursing interventions NEW Added mental health content covers Indigenous populations migrant populations and gender differences with a focus on cultural safety equity informed approaches relational and trauma informed practices Updated Chapter 29 covers recovery survivorship and public mental health approaches Enhanced topics include substance use disorders harm reduction and support among nurses changes related to Medical Assistance in Dying MAiD legislation and mental health in view of climate change and the COVID 19 pandemic

Personal Health: A Public Health Perspective with Navigate Advantage Access Michele Kiely, Meredith Manze, Chris Palmedo, 2024-04-29 Personal Health A Population Perspective engages students in understanding relevant personal health issues by positioning them within a broader population health framework Unlike other Personal Health texts this book combines information about individual health including topics of great interest and relevance to college aged students as well as a discussion of the context of community and global health to which each individual is inextricably linked Alters and Schiff Essential Concepts for Healthy Living Jeff Housman, Mary Odum, 2019-01-11 Essential Concepts for Healthy Living Eighth Edition urges students to think critically about their health and overall wellness and empowers them with clearly identified tools to help them reach this goal

Healthy Transitions Neil B. Shulman, 2010-12 This authoritative and user friendly information source is designed to guide women through the experience of menopause Written by well known medical educator Dr Neil Shulman and a specialist in obstetrics and gynecology Dr Edmund Kim this accessible and highly informative handbook will answer the many questions a woman may have about menopause Among the topics explored are hot flashes night sweats changes in menstrual cycle mood swings weight gain decrease in sex drive and other typical symptoms of this time of life In view of the confusion surrounding hormone replacement therapy the authors will be taking a survey among healthcare providers and publish the results for the first time in this book They will explore the benefits and risks of hormone treatment reviewing the various methods of

administering hormones and stressing that no one treatment is right for every woman They will also discuss screening tests that may be crucial for a woman's health at this stage of life recommend certain healthy life style changes and consider a host of other relevant issues Complete with a glossary and recommendations for finding useful information on the Internet Healthy Transitions equips women with the necessary knowledge to confidently navigate through an often stressful and confusing time of life Neil Shulman M D Decatur GA is associate professor of medicine at Emory University School of Medicine and Chairman of the Board of The Gesundheit Institute founded by Dr Patch Adams Dr Shulman has published 18 books and has written produced and or acted in videos and movies including the major motion picture Doc Hollywood starring Michael J Fox which is based on Dr Shulman's novel Edmund Kim M D OB GYN Lawrenceville GA is a practicing gynecologist who has worked for many years with women going through menopause He is also Vice President of Medical Affairs at CYKE Inc a multimedia company that produces health related educational materials **Reclaim Your Brain**

Joseph A. Annibali, Joseph A. Annibali, MD, 2015-12-29 A too busy brain can interfere with attention concentration mood and even the ability to make decisions and solve problems Annibali shows you how to restore cognitive calm and provides useful suggestions to help you understand your own brain functions so you can discover which techniques will work for you

Field & Stream, 2006-04 FIELD STREAM America's largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations **The Conscious Parent's Guide to Raising Girls** Erika V Shearin Karres, Rebecca

Branstetter, 2017-01-01 The tools you need to foster a positive supportive relationship with your daughter Raising a confident self assured girl in today's world is complicated but it can be done with the help of The Conscious Parent's Guide to Raising Girls Inside you'll find the strategies you need to help your daughter navigate through her world of school cliques confusing media messages and pressures to be a good girl With smart comprehensive advice on the trials and triumphs of raising a daughter with patience this concise guide explains how you can Deal with cliques bullies and peer pressure Communicate effectively and sensitively with your daughter Strengthen self image resist peer pressure and promote self esteem Build emotionally healthy relationships Rebecca Branstetter PhD and Erika V Shearin Karres EdD provide you with the information and support you need for parenting with mindfulness flexibility and resilience You'll be able to create a calm and centered emotional environment for raising well adjusted confident girls **How to Begin When Your World Is Ending** Molly

Phinney Baskette, 2022-11-15 Moving witty and probing Molly Baskette's practical and spiritual perspective will appeal to readers of Lori Gottlieb's *Maybe You Should Talk to Someone* and Kate Bowler's *Everything Happens for a Reason* As a progressive parish minister Molly Baskette has been a companion during the most vulnerable traumatized and unsettled periods of many people's lives She has also had a front row seat to remarkable human transformation as many of the ruptures her people lived through turned out to be the way that God got in But when she was diagnosed with an aggressive

cancer at age thirty nine with two small children her theology of and relationship to God was tested more profoundly than ever Instead of becoming despondent though she engaged with her faith more deeply seizing the opportunity to test the seaworthiness of the faith she had been practicing and preaching In *How to Begin When Your World is Ending* Baskette shares the questions that confronted her along the way like Is it true that prayer changes things Does God care whether we live or die and is there a damn thing God can do about it anyway How can vulnerability counterintuitively be a strength And the million dollar question is there life after death and just what might it be like Weaving together her own story and the stories of those she encountered in her life of faith Baskette mines joy from all the hardest parts of being human In doing so she reminds us that whatever you are going through someone has been there before you and found meaning in the madness

Another Twinkle in the Eye Elaine Hanzak, 2017-09-06 *Another Twinkle in the Eye* is an essential guide for anyone contemplating another pregnancy after perinatal mental illness The decision to bring a child into the world is rarely one that is taken lightly When a previous pregnancy and early parenthood has resulted in poor maternal and or paternal perinatal mental health making a conscious decision to have another baby can be even more challenging This unique book provides facts resources and discussion points to support people in making informed and comfortable decisions It is also an essential resource for health professionals who support or are involved in the decision making process of couples planning another pregnancy The author combines personal experience with real life stories from other parents Also included are contributions from healthcare professionals The book offers comprehensive coverage across five key areas Reflection on the previous pregnancy miscarriage or stillbirth Decisions to be made when considering another pregnancy Ways to plan for and to have a healthier experience The role of healthcare professionals and facilities and Self help and complementary techniques for good mental health in the perinatal period

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