

Asian Health and Service Center



Portland Main Office:
3430 SE Powell Blvd,
Portland, OR 97202
Phone: (503) 872-8822
Fax: (503) 872-8825

Website: www.ahscpx.org

Beaverton Office:
12500 SW Allen Blvd.,
Beaverton, OR 97008
Phone: (503) 641-4113
Fax: (503) 872-8825



Bipolar Disorder

General Picture:

Approximately 1.3 million Americans reported suffer from bipolar disorder (2010 Data) . Bipolar disorder is often called manic depression. It is one of the major mood disorders and presents behaviors that fluctuate from extreme highs (mania) and serious lows (depression) with period of normal mood. Bipolar disorder tends to run in families and may be inherited. 5% of untreated individuals with Bipolar completed suicide. If left untreated, major mood disorders often lead to divorce, job loss, substance abused, and suicide.

You may have Bipolar Disorder if you experience the following:

- ⊖ During manic (high), behaviors include rapidly changing ideas, feeling extremely happy or very irritable, thinking very highly of yourself or your ability, feeling full of energy with decreased sleep, talking more than usual, difficulty concentrating due to having too many thoughts at one time and acting impulsively or doing reckless things.
- ⊖ During the lows of depression, behaviors are characterized by slowed thoughts and speech due to low energy, difficulty concentrating, remembering and making decision, changing sleep pattern (too much or too little), change in eating pattern (too much or too little), extreme hopelessness and a feeling of worthlessness accompanied by thoughts of suicide.

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