

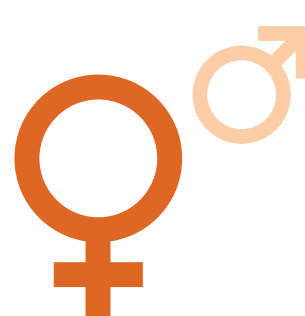
# Bipolar Disorder By The Numbers

## DIAGNOSIS

### Misdiagnosis Of Bipolar Disorder Is Common

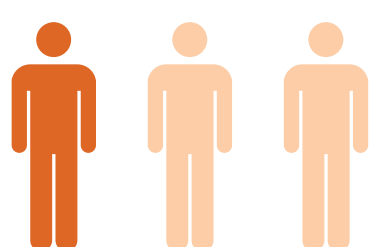


**~70%** of patients with bipolar disorder may be misdiagnosed, most commonly with depression<sup>1</sup>



**Women** are more likely to be misdiagnosed than men<sup>2</sup>

### Patients May Remain Undiagnosed For A Lengthy Period Of Time



**> 1/3** of misdiagnosed patients remained misdiagnosed for 10 years or more<sup>3</sup>



Patients may receive **>3 diagnoses and see 4 physicians** before a correct diagnosis is made<sup>4</sup>

## MORBIDITY AND MORTALITY

### Bipolar Disorder Is One Of The Leading Causes Of Chronic Disability Worldwide<sup>5</sup>



**Reduces life expectancy** relative to the general population by approximately 13 years<sup>5</sup>



**Increased mortality** from circulatory illnesses (heart attacks, strokes) and respiratory illnesses (COPD, asthma)<sup>5</sup>



**Increased risk of suicide** compared to general population<sup>5</sup>



**Causes deterioration** across multiple functional domains<sup>6</sup>

## FREQUENCY OF EPISODE RECURRENCE

### Bipolar Disorder Is A Chronic Illness Characterized By Frequent Recurrent Affective Episodes<sup>5</sup>



**90%**

of patients who have a single manic episode will have future episodes<sup>7</sup>



Up to

**15%**

of patients will have more than ten episodes in their lifetime<sup>8</sup>



More than

**30%**

of patients meet the criteria for rapid cycling<sup>9</sup>

## TREATMENT CONSIDERATIONS

### A Number Of Factors May Inform Selection Of Appropriate Treatment For Patients Living With Bipolar Disorder

**1**

Individual patient characteristics, including age, possible comorbidities, and preferences<sup>10,11</sup>

**2**

Medication adherence and level of treatment during maintenance<sup>10,11</sup>

**3**

Multidisciplinary management and polypharmacy<sup>10,11</sup>

**4**

Use of psychosocial interventions as adjunct to pharmacotherapy<sup>10,11</sup>



Visit [PsychU.org](https://PsychU.org) to learn more about bipolar disorder and access the Bipolar Resource Library

COPD, chronic obstructive pulmonary disease.

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