

New strategies in the management of bipolar disorder

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Bipolar depression represents a major challenge for psychiatrists in the management of mood disorder patients. The burden of bipolar depression has been recently highlighted and emphasized. Such patients tend to have longer duration of illness, increased suicide rate as well as more impairment of functioning and quality of life. The problem with the classic old treatments lies in the fact that they can worsen the course of illness by their manic inducing potential as well as their un-welcomed adverse effects. The use of novel antipsychotics as "mood stabilizers" has directed the attention of researchers towards their potential anti-depressant effect.

Quetiapine is a good example of novel antipsychotics in this respect, being effective in both manic and depressive phase of illness.