

The increasing burden of bipolar spectrum disorder

Aukasha, Tareq A.

Ain-Shams Univ., Cairo (EGY). Inst. of Psychiatry

**Ain-Shams International Congress in Psychiatry : Towards Global Patient's Care. 3rd. Luxor (EGY).
Mar 5-6, 2007**

In recent years, much progress has been made in the diagnosis and treatment of schizophrenia and depression. However, bipolar disorder remains frequently misunderstood, leading to inconsistent diagnosis and treatment. Reasons for under diagnosis include patients' impaired insight into mania, failure to involve family members in the diagnostic process and inadequate understanding by some clinicians of manic symptoms. Broadening the bipolar spectrum lies in the utility of mood stabilizers and second generation anti psychotics as augmentation or monotherapy in many disabled patients falling short of the ICD-10 or DSM IV criteria. This presentation will discuss the concept of the bipolar spectrum approach and outline the management of bipolar disorders with different mood stabilizers.