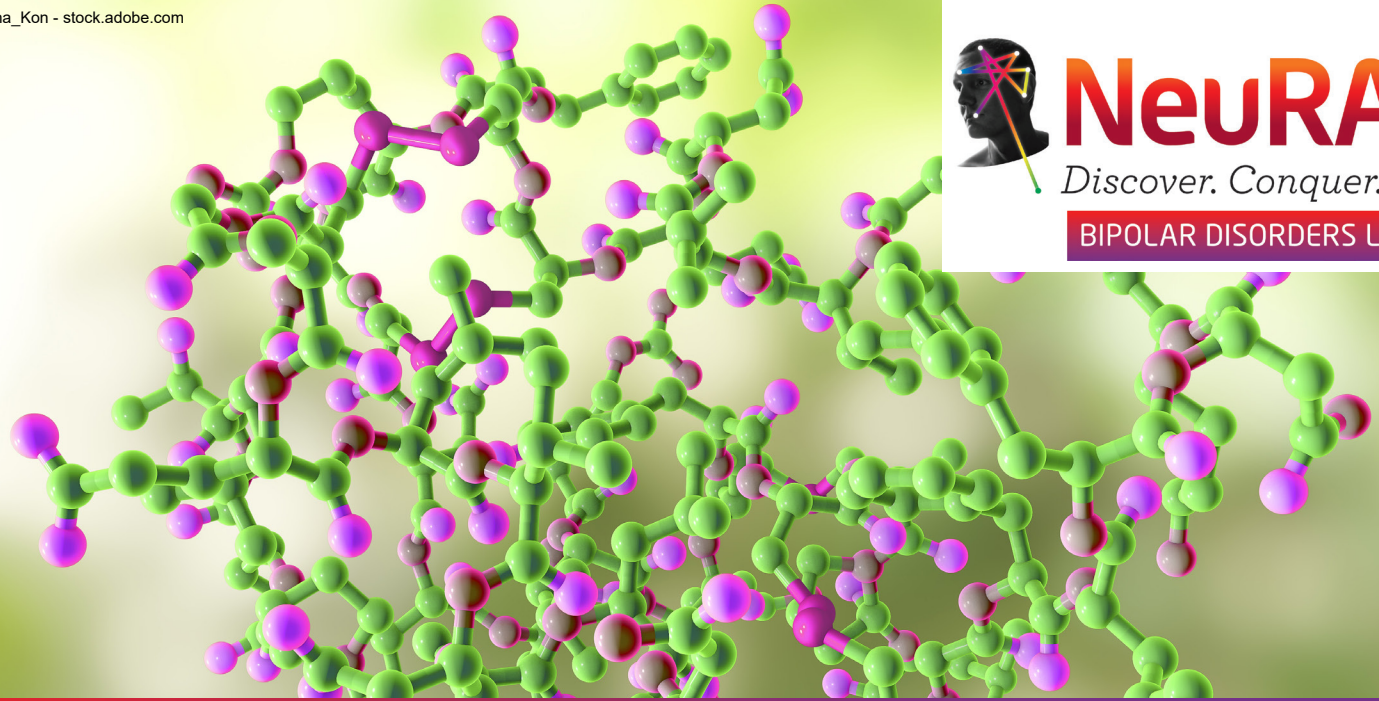




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BIPOLAR DISORDERS Factsheet

December 2021

What is insulin-like growth factor-1?

Insulin-like growth factor-1 (IGF-1) is a 70-amino acid peptide, primarily produced in the central nervous system and peripheral tissues such as the liver, and regulated via growth hormone secretion. IGF-1 interacts with the central nervous system under conditions of neuroinflammation and neurodegeneration. It also helps in neurogenesis, myelination, remyelination, neuromodulation, and synaptogenesis, which are all impaired in affective disorders, including bipolar disorder.

What is the evidence for changes in insulin-like growth factor-1 in people with bipolar disorder?

Moderate quality evidence finds increased peripheral IGF-1 levels in people with bipolar disorder or major depression compared to controls.

For more information see the technical table



NeuRA

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NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about bipolar disorder or its treatment with your doctor or other health care provider.

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au.