



# NeuRA

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## BIPOLAR DISORDERS Factsheet

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### What is vagus nerve stimulation (VNS)?

VNS provides indirect modulation of brain network activity through the stimulation of cranial nerves. Invasive VNS involves surgical implantation of a small pulse generator under the skin which is programmed to deliver long-lasting, intermittent electrical stimulation of the vagus nerve. Non-invasive stimulation involves attaching a stimulator to the outer ear close to the ear canal, which delivers electrical impulses through the skin to the vagus nerve.

### What is the evidence for VNS?

Low quality evidence is unable to determine any benefit of invasive VNS for bipolar disorder.

For more information see the technical table



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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 [www.neura.edu.au](http://www.neura.edu.au).