



## BIPOLAR DISORDERS Factsheet

November 2021

### How are calcium channel blockers relevant to bipolar disorder?

Calcium signalling has long been implicated in bipolar disorder, with reports of altered levels of calcium in people with mania, and the observation that long-term lithium treatment is associated with altered calcium metabolism. These reports prompted investigations of calcium channel blockers (primarily verapamil) as potential treatments for bipolar disorder.

### What is the evidence for calcium channel blockers?

Moderate to low quality evidence suggests no differences between verapamil and placebo or lithium for manic symptoms or rates of discontinuation. Low quality evidence is unable to determine side effects of any particular calcium channel blocker medications used by people with bipolar disorder.



*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.*

For more information see the technical table

### 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**.