



# NeuRA

Discover. Conquer. Cure.

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## BIPOLAR DISORDERS Factsheet

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### What is dementia?

Dementia is characterised by significant cognitive impairment. Symptoms include memory impairment, aphasia (impaired language functioning), apraxia (aberrant movement), agnosia (inability to identify objects, people, sound or smell), and impaired executive functioning (for example, the ability to think abstractly, plan, initiate or stop actions). Other symptoms include behavioural disturbances, anxiety, apathy, delirium, and mood and sleep disturbances. Bipolar disorder is also often associated with cognitive and functional decline however, people with dementia show greater cognitive impairment.

### What is the evidence for dementia in people with bipolar disorder?

Moderate quality evidence finds a medium-sized increased risk of dementia in people with bipolar disorder compared to people without bipolar disorder.

Moderate to high quality evidence finds a medium-sized decreased risk of dementia in people with bipolar disorder who are taking lithium compared to those not taking lithium.

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