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BIPOLAR DISORDERS Factsheet

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How is heart disease related to bipolar disorder?

People with bipolar disorder show increased rates of co-occurring conditions. Heart disease is a common co-occurring disorder. It is unclear if the increased risk of heart disease is a consequence of the metabolic impact of medications or unhealthy lifestyle choices, or most likely, a combination of both.

What is the evidence for heart disease in people with bipolar disorder?

Moderate quality evidence suggests small increased risks of cardiovascular disease, congestive heart failure, and death due to cardiovascular disease in people with bipolar disorder compared to people without bipolar disorder. These findings were adjusted for other variables that may have explained these increased risks.

Moderate to low quality evidence also suggests a large effect of reduced heart rate variability.

High quality evidence suggests no differences in rates of myocardial infarction.

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.