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BIPOLAR DISORDER Factsheet

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How is physical health monitoring relevant to people with bipolar disorder?

People with severe mental disorders such as bipolar disorder may be at increased risk for physical conditions. Many treatments, such as antipsychotics, can be associated with adverse side effects; furthermore, some people with severe mental disorders may be hesitant to seek advice from a medical professional. A program of well organised and regular physical health monitoring could be beneficial for these patients.

What is the evidence regarding physical health monitoring?

Moderate to high quality evidence suggests a small effect of greater risk of medical hospital rehospitalisation in people with bipolar disorder or other severe mental illness after discharge from medical hospitals.

Moderate to high quality evidence suggests people with a severe mental illness are prescribed medication for physical disorders less often than people without a mental disorder.

Moderate to low quality evidence suggests people with bipolar disorder were younger at acute myocardial infarction (64.2 years vs. 66.8 years), less likely to receive percutaneous transluminal coronary angioplasty or coronary artery bypass graft, and less likely to be diagnosed in medical centres or teaching hospitals than people without a mental illness.

Moderate quality evidence suggests greater uptake of prevention services by people with a severe mental illness after being given general health advice.

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.