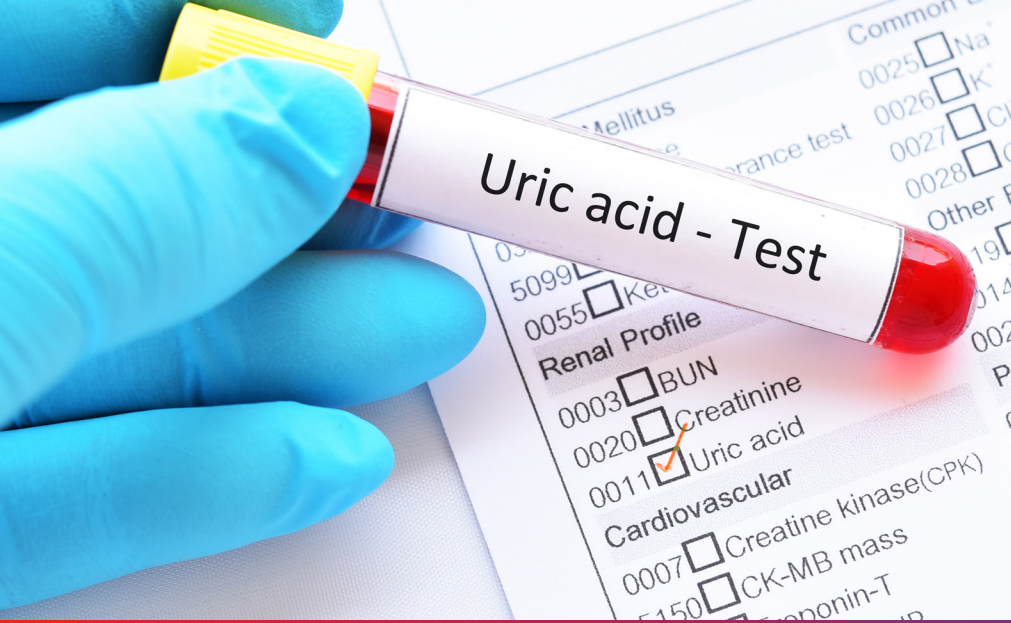




# NeuRA

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## BIPOLAR DISORDERS Factsheet

July 2020

### What is uric acid?

Uric acid is the final product of purine metabolism, which plays a key role in neurotransmission and neuromodulation. It is thought that uric acid could be involved in mood and sleep regulation, behavioural patterns, and affective temperaments. Some, but not all studies have shown that people with bipolar disorder have a purinergic system dysfunction associated with high uric acid levels.

### What is the evidence for changes in uric acid in people with bipolar disorder?

Moderate to high quality evidence suggests medium-sized effects of increased uric acid in people with bipolar disorder compared to controls and compared to people with major depression. There were no differences in uric acid levels between people with bipolar disorder in different mood states.

For more information see the technical table



### NeuRA

Discover. Conquer. Cure.

*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).