



NeuRA

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BIPOLAR DISORDERS Factsheet

October 2021

How is cerebrovascular disease related to bipolar disorder?

People with bipolar disorder may show increased rates of co-occurring conditions when compared to general population rates. Cerebrovascular disease includes strokes, transient ischemic attacks, aneurysms, and vascular malformations. A stroke happens when blood flow to the brain is interrupted due to a blocked artery (ischaemic stroke) or when an artery bursts (haemorrhagic stroke). A transient ischemic attack is similar to a stroke, but less severe, and an aneurysm involves an enlarged artery caused by weakness in the arterial wall. These can all cause brain damage if cells do not get enough of the oxygen and nutrients that are carried by the blood to the brain.

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

Moderate quality evidence finds a small increase in cerebrovascular disease and stroke in people with bipolar disorder compared to people without bipolar disorder. The effect size was reduced, but remained significant in longitudinal studies, after adjustment for other variables that may have explained this association (e.g. co-occurring obesity, alcohol and substance-related disorders, diabetes, hypertension or hyperlipidemia).

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.

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