

Bipolar Update

Conflicts of interest

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Bipolar Update - Themes

- What is Bipolar?
- Is it a new pandemic?
- New discoveries about bipolar
- Myths and evidence about treatment of bipolar
- Cases studies
- Practice points

What is Bipolar? Diagnosis

- Intuitive (5 min)
- Criteria based (30 min)
- Observation vs Complaints

- Enjoyed seeing him
- He was on edge
- Boastful, arrogant, demanding
- **Cant get to sleep/wake up early**
- not concentrating, work problems
- Overspending, affairs, flirting
- “Hyper”
- Impulsive, taking risks, oversexed
- Cant stay on the subject
- overtalkative

- **Euphoria**/Irritability
- inflated self-esteem/grandiosity
- decreased need for sleep
- distractibility
- increased goal-directed activity
- increased energy
- increase in pleasurable/ risky activities
- flight of ideas/ racing thoughts
- overtalkative
- **3 for >4 (or 7) days**

Bipolar Diagnosis II +

- Bipolar 1, 2, 3, 3.5,4...(Stahl 2010)
- DSM IV “Hypomania – elated state **without significant functional impairment**”
- Minor Bipolar Disorder – Brief episodes/
cyclothymia

The Seductive Bipolar “Spectrum”

Hard or Soft?

Bipolar, Mypolar, Urpolar, Wepolar

Bipolar Epidemic

- 10 fold increase in BD in children in USA in 10 years!
- Expected to be the 6th leading cause of morbidity in 2020 – WHO
- High suicide rate 10-20%
- Sexier – or not? Than depression?
- “Minor” Bipolar Disorder – Brief episodes

2. New discoveries

Brain changes

3. Myths and Evidence for Treatments

Mania: meta-analysis

- 68 RCTS / 16073 subjects
- Haloperidol, Risperidone and Olanzapine more effective than Valproate, Ziprasidone, Lamotrigine, Topirimate, Gabapentin.
- Hpl most effective cf Li, Quet, Arip, Carb, Asen
- Olz, Risp, Quet fewest discontinuations

Mania – New treatments

- Asenapine (2009/2010)
- Paliperidone (2010)
- Both Effective in 3 week placebo controlled RCTs
- Paliperidone – similar efficacy to Quetiapine, less wt gain, more switch to depression

Mania - Summary

- 11 agents shown to be effective
- Haloperidol > Risperidone / Olanzapine > others
- Risp / Olz better tolerated
- Aripiprazole and Valproate also effective
- Paliperidone - too new for comparative studies.

- Real world - 2 agents often used

Depressive Episodes in BP**

- Very few good studies
- Scenario A – on no medication
- Quetiapine* or Olanzapine, otherwise Carbamazepine or Lamotrigine
- Scenario B – established on mood stabiliser – Lamotrigine useful, ADs don't usually help

I want alternative therapy

Cochrane review- Omega-3-fatty acids for BD 2008

- Limited Data
- One study showed benefit for depressive not manic symptoms

Psychological therapies for bipolar depression

- To 1999 30 trials
- 2000 + 20 trials
- IPSRT- Interpersonal social rhythms therapy
- CBT Cognitive Behaviour therapy
- FFT Family focused therapy
- All improve relapse rates
- STEP BD 2007 –” intensive” therapy effective in reducing relapse

Acute Bipolar Depression summary

- Very poorly researched - Increasing evidence for
- Quetiapine and Olanzapine
- Lamotrigine in severely depressed
- Psychological Therapies
- Polypharmacy risk

Does Li Prophylaxis work?

- 1 yr Relapse on placebo 60%, 1 yr relapse on Li 40%
- Median survival on Li 7.33 yrs , off Li 1,33 yrs
- Relapse risk 3x higher off Li
- “with adequate therapeutic mood stabilizer prescription (li level>0.8), ADs provide little additional benefit for depressed bipolar patients but may impart a risk of switching to mania”

Li v Valp in Clinical Practice

Li v Valp in Clinical Practice

Li v Valp Admission Risk

Li v Valp Polypharmacy Risk

Teratogenicity of Li

4. Case Study A 1

- Skye, 37, Call centre operator but hates her job prefers the outdoors. In a new relationship
- Friends say she is bipolar so she did the **Tri-Axial Bipolar Spectrum Screening Quiz (TABS)** (<http://counsellingresource.com>) Scores suggest bipolar disorder
- Complains of depression and anxiety and wants an antidepressant, St Johns Wort and Alzam worked before.
- No family history of mood disorders

Bipolar Screen Question 1

- Some people have periods lasting a few days when they feel much more excited and full of energy than usual. Their minds go too fast. They talk a lot. They are very restless or unable to sit still and they sometimes do things that are unusual for them, such as driving too fast or spending too much money.
- Have you ever had a period like this lasting several days or longer?

Irritability Stem question

- Have you ever had a period lasting several days or longer when you were so irritable or grouchy that you either start arguments or shouted at people or hit people?

Screening Question

if yes to 1 or 2

- People who have episodes like this often have changes in their thinking or behaviour at the same time, like being more talkative , needing very little sleep, being very restless, going on buying sprees, and behaving in many ways they would normally think inappropriate. Did you ever have any of these changes during your episodes of being excited and full of energy or very irritable and grouchy.
- If yes proceed to full screen

Case Study A 2

- What else do we need to know
- What's the diagnosis
- Any investigations
- What's the best medication
- What else will help
- “Taming Bipolar Disorder” Lori Oliwenstein, 2004. Psychology Today series.

5. Practice Points

- Psychological Therapies Work
- Polypharmacy risks, Teratogenic anti-epileptics
- Older drugs seem to work better than newer ones!
- Advance directives
- Screen depressed patients

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Happiness

