



SVETLANA PINTO

**OPENS UP ABOUT HER FATHER'S
"BIPOLAR DISORDER"**



In a simple way, can you educate us about “Bipolar Disorder”?

QUESTION 1



" I am not a doctor, or an expert but do have some understanding of the disease given that my dad suffered from it for the longest time. Bipolar disorder is also known as manic depression. In fact, that is how we knew it and it was only many years later that I heard the words bipolar disorder and realised that manic depression and bipolar disorder were one and the same. As the name suggests, a person with this health issue has mood swings ranging from depressive lows to manic highs.

Episodes of depression are typically characterised as showing symptoms such as low motivation, loss of interest in daily activities, low energy levels, having suicidal thoughts, feelings of..."



"...worthlessness and feelings of isolation. Manic episodes are the exact opposite with the person experiencing unbelievable energy levels, reduced to no sleep – sometimes for days on end, loss of touch with reality, agitation, irritability, and very low levels of tolerance. Each episode, whether depressive or manic, can last for days to a few weeks to even a few months at a time. While the exact cause is unknown, scientific understanding so far is that it is a chemical disorder of the brain with genetics and the environment also playing a role. Treatment is usually lifelong."



*How & when did you
find out that your
dad had
"Bipolar Disorder"?*



"My dad was at the pinnacle of his career when he got diagnosed with "bipolar disorder" back in the late 60s. I was very little at the time and do not know what exactly led my mum to take him to a doctor and how he got diagnosed. Both are no more with us so that is a question that will never have an answer. I did however realise that things were not as usual. Dad did not sleep and was obsessed with ideas of business and becoming very rich. And then of course he went into a depressive episode where he just wanted to sleep and even getting him to have his meals was a task."



*How was your
personal experience
of living with your
dad who had
"Bipolar Disorder"?*



"We are five siblings and we were too little to understand what was going on. We did know something was wrong and sadly, initially I tried to pretend I did not know him. And in a way I did not because this was not the person who was my dad. Understanding came much later in life and I wish that there was more awareness at the time. To be honest, there still isn't enough. People who partied with him regularly no longer seemed to know him. He was not entertained..."



"...by those he had entertained when the going was good. They looked the other way when they saw him on the street. Doors were not opened for him when he rang the bell. A man who at one time had the world at his feet spent nights sleeping on benches on railway platforms. Life was hard for him and for us. A couple of us siblings were recently discussing a manic episode of his. I could remember very little of what they spoke. My mind it seems had simply shut that out. A self-protective mechanism perhaps."



*What is it that your
dad had done,
(medically &
otherwise) to overcome
“Bipolar Disorder”?*



*How happy & healthy
was your dad,
with these
results & effects?*

QUESTION 4 (CONTD...)



"There was limited treatment in the initial years of his diagnosis and he was subjected to ECTs (electroconvulsive therapy simply known as electric shocks) which I got to know was very hard on him. It was only with the onset of Lithium as a treatment in India that we saw him settle down and his mood swings become fewer and far between. Lithium continues to be used to treat this condition and in many ways is the gold standard..."



"...While he was a brilliant man, post his diagnosis, he could not hold down a job for too long and this hurt him, and us. He and we went through very challenging times financially and emotionally. Having said that, I believe it helped me become a more empathetic person and someone who has no attachment to material things. After all, I saw it come and go, very early in life."



*What's your message
for others, who are
having a tough time
because of
“Bipolar Disorder”?*



"I think my message is more for everyone else. Physical ailments are easy to relate to and draw a lot of empathy from people. Just think about it. Tell someone you have been diagnosed with cancer and you will receive a flood of support from family, friends, neighbours, colleagues, acquaintances, and, and, and. Why cancer? Tell someone you have the flu and you will receive more empathy than if you were to tell them you had a mental health condition. Tell them you have been diagnosed with bipolar disorder and you will probably be stared at..."



"...There is so little understanding of the disease. So, creating awareness is the first step to understanding what a person diagnosed with bipolar disorder is going through. To those diagnosed with bipolar disorder I would say open up. Speak about your illness. It is like any other illness and unless it is spoken about openly stigma will persist. Be a champion.

We need to normalise mental health challenges."

+ An initiative by "Consult Aniket"
 in f y t w

What's This About?
 This initiative is all about gifting the world with the actual lived experiences & real-time knowledge of true warriors, who are proudly "Winning" by successfully defeating/overcoming their **Mental Health Disorders**



Keep Winning!

Consult Aniket
 +91-7307344718
 www.livingvirtuously.in

LET'S CONNECT
Be a Part of This Initiative
 LIKE, COMMENT & SHARE

KEEP WINNING!

This initiative is all about gifting the world with the actual lived experiences & real-time knowledge of true warriors, who are proudly "Winning" by successfully defeating/overcoming/managing their "MENTAL HEALTH DISORDERS".

Mental Health Disorders like Bipolar Disorder, Schizophrenia, ADHD (Attention Deficit Hyperactivity Disorder), PTSD (Post-Traumatic Stress Disorder), Clinical Depression, Fregoli Delusion, Capgras Syndrome, Dissociative Disorder, GAD (Generalized Anxiety Disorder), etc.

ARE YOU WINNING YOUR "MENTAL HEALTH" BATTLES ?



CONSULT ANIKET

Vedic Astrology | Mental Health | Psychology | CBT, NLP & Mindfulness | B.Tech - Computer Science Engineer | PGDM - Silver Medalist, Topper in HR & OB | Creator & Founder - Consult Aniket

+91-7307344718
 www.livingvirtuously.in

  

Aniket Chakraborty