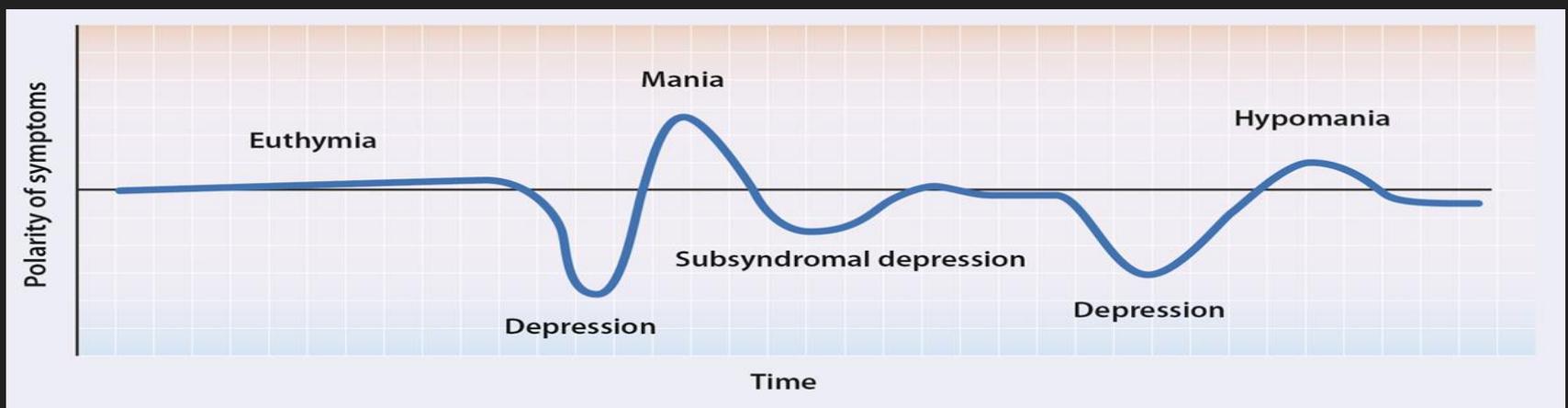


FDA Approved Treatment For Bipolar Disorder

What is Bipolar Disorder?

● **Bipolar disorder** is a complex and chronic mental health condition that causes **extreme shifts in mood, energy and activity level**. People with bipolar disorder experience periods of **intense highs** (mania or hypomania), where they may feel overly energetic, impulsive, or euphoric, followed by **deep lows** (depression), where they may feel sad, exhausted, or hopeless.



Two Main Categories of FDA Approved Medications:

Mood Stabilizers

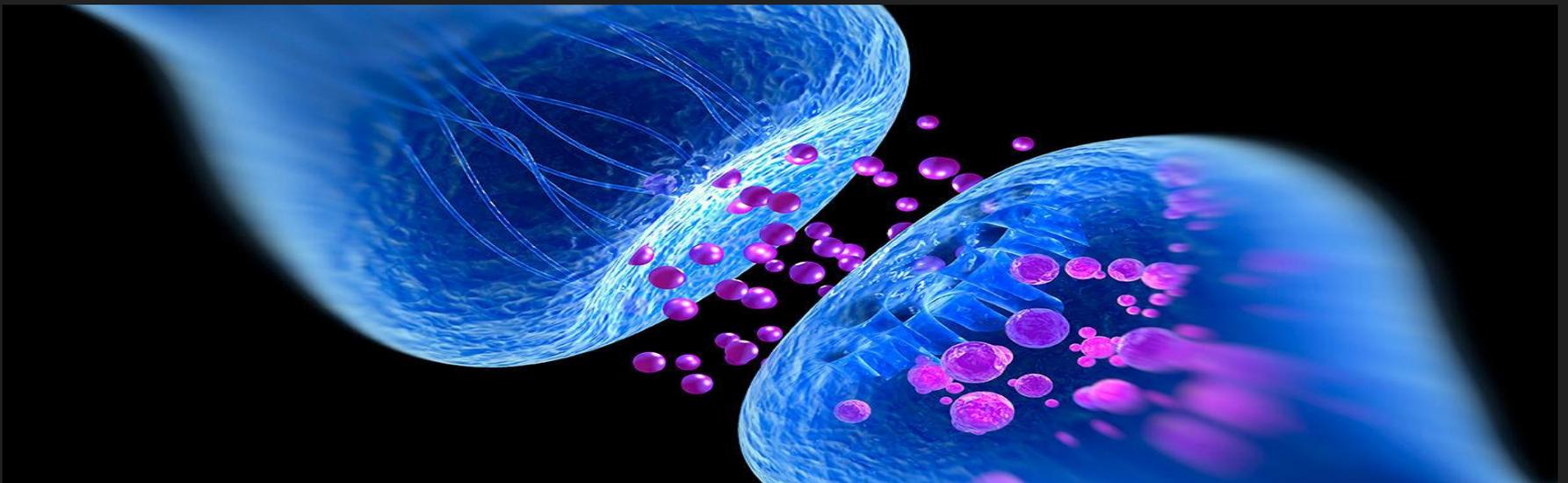
Antipsychotics



★ The main goal of these medications is to stabilize the fluctuation in highs (mania) and lows (depression) experienced by those with bipolar disorder, promoting a more stable and consistent mood over time. ★

Mood Stabilizers

- Work by modulating neurochemical imbalances in the brain, specifically targeting neurotransmitters and receptors involved in emotional regulation.



Mood Stabilizers

Lithium:

- First approved in 1970
- FDA approved for Acute manic episodes and Maintenance therapy.
- Requires regular blood test to monitor kidney function and therapeutic levels with a target range of 0.8-1.0 mEq/L for maintenance treatment.

Divalproex sodium (Depakote):

- Approved in 1995
- Also used as an anticonvulsant.
- FDA approved for Acute manic episodes as well as Mixed manic/depressive episodes.
- Requires regular blood test to monitor liver function and therapeutic levels as its target range is 50-125 µg/mL.

Mood Stabilizers

Lamotrigine (Lamictal):

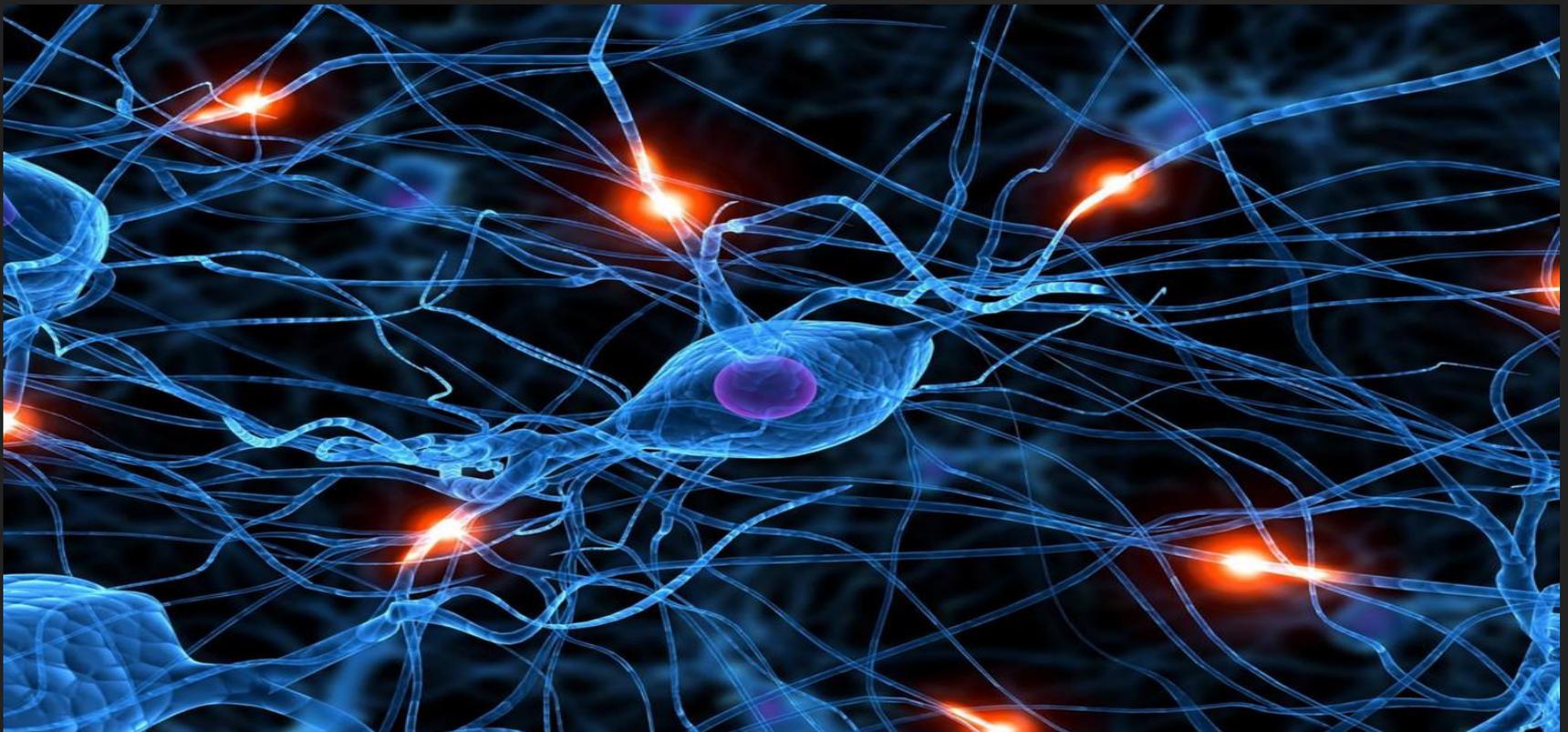
- Approved in 2004
- Lamotrigine is also used as an anticonvulsant.
- FDA approved for Maintenance therapy.
- Requires a slow dosage increase to reduce the risk of serious skin rash.

Carbamazepine (Tegretol):

- Approved in 2004
- Carbamazepine is also used as an antiseizure medication.
- FDA approved for Acute manic episodes as well as Mixed manic/depressive episodes.
- Regular blood test are necessary to monitor blood cell counts and liver function.

Antipsychotics

- Achieve affect by modulating neurotransmitter activity in the brain, primarily targeting the dopamine system.



Antipsychotics

Olanzapine (Zyprexa):

- Approved in 2000
- FDA approved to treat Acute manic episodes, Mixed manic/depressive episodes, and Maintenance therapy.
- Regular blood test required to monitor for potential metabolic side effects.

Quetiapine (Seroquel):

- Approved in 2006
- FDA approved for Acute Manic episodes and Acute Depressive episodes.
- Common side effects include drowsiness, dizziness, and dry mouth.

Antipsychotics

Risperidone (Risperdal):

-Approved in 2003

-FDA approved for Acute manic episodes as well as Mixed manic/depressive episodes.

-Potential side effects include weight gain, drowsiness, and increased prolactin levels.

Aripiprazole (Abilify):

-Approved in 2004

-FDA approved for Acute manic episodes, Mixed manic/depressive episodes, and Maintenance therapy.

-Common side effects include insomnia, anxiety, and nausea. Currently there is an FDA approved long-acting injectable form of this medication.

Antipsychotics

Ziprasidone (Geodon):

-Approved in 2004

-FDA approved for Acute manic episodes as well as Mixed manic/depressive episodes.

-Potential side effects include drowsiness, dizziness, and potential heart rhythm changes.

Asenapine (Saphris):

-Approved in 2009

-FDA approved for Acute manic episodes as well as Mixed manic/depressive episodes.

-Common side effects include drowsiness and oral numbness.

Antipsychotics

Lurasidone (Latuda):

- Approved in 2013
- FDA approved for Acute Depressive episodes only.
- Common side effects include nausea restlessness, and sleep disturbances.

Cariprazine (Vraylar):

- Approved in 2015
- FDA approved to treat Acute manic episodes, Mixed manic/depressive episodes, and Acute Depressive episodes.
- Potential side effects include restlessness and movement disorders.

Most Recent FDA Approved Treatments

Electroconvulsive Therapy (ECT):

-Approved 2018

-ECT is approved for treating catatonia or severe major depressive episodes associated with bipolar disorder.



Iloperidone (Fanapt):

-Approved in 2024 iloperidone is a second-generation antipsychotic medication.

-FDA approved for Acute manic episodes & Mixed manic/depressive episodes.

Which Treatment is Right for You?



Remember each of these medications has its own benefits and potential side effects, so its important for patients to discuss their personal health profile and treatment goals with their provider to choose the best option available.

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