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BIPOLAR AFFECTIVE DISORDERS: DIAGNOSTIC AND TREATMENT SITUATION IN LITHUANIA

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Introduction: Bipolar disorder is one of the most important psychiatric diseases. This is a lifelong illness which increases disability, bad social, employment, and functional outcomes. Bipolar disorder causes dramatic mood swings - from overly "high" and irritable to sad and hopeless, often with periods of normal mood between. Bipolar I disorder is characterized by a history of at least one manic episode, with or without depressive symptoms. Bipolar II disorder is characterized by the presence of both depressive symptoms and a less severe form of mania.

Objective: To review diagnostic and treatment situation of bipolar affective disorders in Lithuania.

Method: A review of bipolar affective disorders in Lithuania: the prevalence of bipolar disorders, the differences between genders, the clinical features between genders.

Results. Studies have suggested, that the prevalence of bipolar disorder in Lithuania is 1 % of population. The rates of bipolar disorder: in 2003 was 1131 cases, in 2004 - 1133 cases, in 2005 - 1147 cases, in 2006 - 1255 cases, in 2007 - 1257 cases. Distribution of bipolar disorders between males and females: males - 35,88 %, females - 64,12 %.

Conclusion: The rates of Bipolar I disorder are equal between female and male population, but bipolar II disorder is more frequent in female population (bipolar depression, mixed manic disorder). Bipolar disorder with alcohol and drug abuse are very common among male population. Bipolar disorders are very common with somatic disease (thyroid disease, migraine, obesity of medication), anxiety disorders are more frequent in female population.