

Cudurka Bibolarka (Bipolar Disorder)

Bibolarka, oo misa loo yaqaan Ingiriiska Manic-Depressive Disorder, waa isku dhex yaaca dhimirka ah (maxkada ah) oo qofka u keena si'aan caadi ahayn oo gadaha (camalka), tabarta (energy) iyo kartidu (ability) u doorsoomaan. Wuxuu u keena gadoha oo si' xad dhaaf ah isugu beddela mid aad u sarraya (high) oo xasaasi ah ilaa mid tiiraanyo oo nayaayiro la'aan ah oo hadda isa soo doorisa isadoo badanaaba uu u dhexeeyo heer caadi ah. Waqtiyada sare iyo hoose waxaa la kala yiraahdaa waalli iyo murugo. In ka badan labo malyan oo Maraykan qaan gaar ah ayaa qaba cudurkaas sano walbo oo timaadda. Waa jirro muddo dheer qaadata si' nolosha qofka loogala tadaalo.

Astaamaha (Signs and Symptoms)

Waallida: (Mania)

- Tabartoo korodha, firfircooni iyo nasasho la'aan.
- Xanaaq siyaado ah.
- Aragtiyo tarmaya iyo hadal badan oo degdeg ah, hadba aragti cusub ayuu u boodi.
- Maskax maqnaasho iyo qofkoon Karin in maskaxdiisu hal meel inuu ku sugo.
- Hurto yari.
- Malo aan maan gal ahayn oo awoodda iyo kartiddiisa.
- Wax xukun aad u liita.
- Kharaj maangal aan ahayn.
- Rabitaanka galmada oo kordhaya.
- Caro, dhex gal waxaan loo dirsan ama gado (dabci) dagaal.
- Xad dhaaf isticmaal maandooriye, gaar ahaan kokayn, khamri iyo daawooyinka hurdada.
- Diidmo in wax ka qaldan yihiin.

Murugo: (Depression)

- Murugo joogto ah, walaac ama gedo maskax maran.
- Dareemmo niyaayiro (rajo) la'aan ah (hopelessness) ama aragti xun (pessimism.)
- Lumin wax danayn (loss of interest) ama rabitaan siibo galmada.
- Daal ama lumid tabareed.
- Ku adgaan go'aan gaarid iyo xasuu.
- Hurdo badnin ama yaraan.
- Is badal cunto cunidda iyo lumin ama badasho culayska.
- Astaamoh go'an oon ka afcelinayn daawada (sida xanuun joogto ah, hab cunid khariban.)
- Ku fakarid geeri iyo is dilid.

Mar mar waxaa la socdo astaamahan waali qarow ah (maqal, aragti ama dareen waxyaabo jirin.)

La Tacaalidda: (Treatment)

- Daawooyin gedaha dejiya laqaadan karo keligeed ama lala qaadan garo daawada murugada.
- Daawada iyo talosiiin waxay ku caawin qofka jiran bedelka fikirka iyo astaama kale uu cudurka leeyahay.
- La tacaalidda qoyska.

Taageero Helid: (Getting Help: Contact one of the participants in Mental Health Access for Refugees and Immigrants (MHARI))

Waxaa lasoo xiriirtaa *Somali Community Center of Nashville* 295 Plus Park Blvd, Suite 102, Nashville, TN 37217; (615) 366-6868; Mental Health Care Provider, *Centerstone/Luton Center* Tel (615) 279-6700;

Waxaa barnaamijkan maalgaliyey xafiiskeeda Office of Minority Health, Washington DC (**Office of Minority Health, Project Sponsor/Funder**)

Bipolar Disorder

Bipolar disorder, also known as manic-depressive illness, is a brain disorder that causes unusual shifts in a person's mood, energy, and ability to function. It causes dramatic mood swings from overly "high" and /or irritable to sad and hopeless and then back again, often with periods of normal mood in between. The periods of highs and lows are called episodes of mania and depression. More than 2 million American adults have bipolar disorder in any given year. It is a long- term illness that has to be managed throughout a person's life.

Signs and Symptoms

Mania:

- Increased energy, activity and restlessness
- Excessively high, overly good, euphoric mood
- Extreme irritability
- Racing thoughts and talking very fast, jumping from one idea to another
- Distractibility, can't concentrate well
- Little sleep needed
- Unrealistic belief in one's abilities and powers
- Poor judgement
- Spending sprees
- Increased sex drive
- Provocative, intrusive or aggressive behavior
- Abuse of drugs, particularly cocaine, alcohol and sleeping medicines.
- Denial that anything is wrong

A manic episode is diagnosed if the elevated mood occurs with 3 or more of the other symptoms nearly every day for 1 week or longer. If the mood is irritable, 4 additional symptoms must be present.

Depression:

- Persistent sad, anxious or "empty" mood
- Feelings of hopelessness or pessimism
- Feelings of guilt, worthlessness or helplessness
- Loss of interest or pleasure in activities once enjoyed, including sex
- Fatigue or loss of energy
- Difficulty concentrating, remembering or making decisions
- Sleeping too much or too little
- Change in appetite or unintended weight loss or weight gain
- Persistent physical symptoms that do not respond to treatment (such as chronic pain or digestive disorders)
- Thoughts of death or suicide

A depressive disorder is diagnosed if 5 or more of these symptoms occur everyday for 2 weeks or longer.

Sometimes severe episodes of mania or depression include psychotic symptoms such as hallucinations (hearing, seeing or sensing the presence of things not actually there) and delusions (false beliefs not influenced by logical reasoning or explained by a person's usual cultural concepts).

Treatment

- Mood stabilizing medication is generally required alone or in combination with antidepressants to treat bipolar disorder. Newer antipsychotic drugs may also be prescribed.
- Therapy / counseling helps people learn to change inappropriate thinking patterns and behaviors associated with the illness.
- Psychoeducation involves teaching people about the illness and its treatment.
- Family therapy may help reduce the level of distress within the family that may either contribute to or result from the ill person's symptoms.