



# **Trastorno Bipolar: Destellos de alegría y ...tristeza (Colección Salud) (Spanish Edition)**

*Apolo Zepeda*

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El Trastorno Bipolar ocasiona que las relaciones sociales se compliquen debido a los cambios de estado de ánimo tan contrastantes que podemos experimentar. El 4% de la población adulta lo padece y ¿sabía usted que es la sexta causa de incapacidad en países desarrollados?. Existen diferentes tipos de trastorno bipolar y es muy importante saber cuál es la que se padece para que el médico nos recete el tratamiento más adecuado. ¿Cómo puedo saber si soy bipolar? El doctor es la única persona que puede diagnosticarlo, pero debes prestar atención a ciertos rasgos en tu comportamiento. Recuerde que entre más informado esté mayor éxito tendrá en el control de su padecimiento. Yo conozco a alguien con trastorno bipolar, ¿cómo puedo ayudarlo? Conocer y comprender la enfermedad, es fundamental para reforzar la conciencia de quien la padece.

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