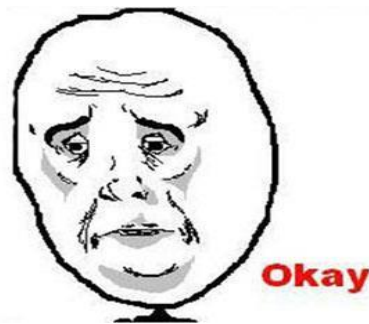


WHAT ARE MOOD DISORDERS? - WHY? - VICTOR- 1S



If you are a patient attained from a mood disorder, your mood won't be normal as me for example. You will be very sad or maybe very excited about everything or even change between those two moods from time to time. Fortunately, those only happen for a limited time. They are defined as Mood Episodes, different kind exists and they are used by doctors for diagnoses of the Mood Disorder itself. The doctors then specify your episodes: how severe or how long, if you have delusions or hallucinations...

Now, let's describe the different mood episodes quickly:

- **The Major depressive episode:** you either have a depressed mood (felling sad or empty) or a loss of interest or pleasure in almost all activities. This episode often results in a significant loss of weight and you sleep too much or not enough.
- **The Manic episode:** you seriously affect your surroundings with exaggerated emotions like self-esteem or excitation.
- **The Mixed episode:** a rapid variation between moods meeting the symptoms from both a major depressive episode and a manic episode.
- **Hypomanic episode:** similar to a manic episode, but without negatively affecting a person's life.

These describe part of Mood Disorders, which the most important are:

- **The Depressive Disorders** are the fact that you are affected by a Major Depressive Disorder (one or more Major Depressive Episodes) or a Dysthymic Disorder which means that you have been more than half the year in a depressed mood for more than two years.
- **The Bipolar Disorders** mean that you have a change of moods between short periods. The persons affected by Bipolarity have two or more different personalities. The length of the change of moods define the numerous bipolar disorders, otherwise they're practically the same.

To avoid those disorders, you shouldn't worry. Life is so good, enjoy it, be healthy, work hard and don't stress, have fun with your friends. Here's a picture of me.



Grandma, 1928-2012