

# BÖLÜM 11

## BİPOLAR BOZUKLUK TEDAVİSİ

*Prof. Dr. Figen Çulha Ateşci  
Dr. Burcu Albuz*

### GİRİŞ

Bipolar bozukluklar (BB) tekrarlayan depresif, manik veya her ikisini de kapsayan karma özellikli ataklarla seyreden, ataklar arasında kişinin oldukça sağlıklı olduğu, bireylerin özel, sosyal ve mesleki yaşantısını önemli oranda etkileyen kronik seyirli bir duygudurum bozukluğudur. BB hasta ve çevresindekilerin yaşamını olumsuz yönde etkileyerek, belirsiz yeti yitimine de neden olur.

Günümüzde Amerikan Psikiyatri Birliğinin DSM-V (Diagnostic and Statistical Manual of Mental Disorders) tanı sınıflandırmasına göre, bipolar ve ilişkili bozukluk olarak geçmekte “karma atak” yerine de “karma özellikli mani/hipomani ya da depresif atak” terimi kullanılmaktadır. Böylece karma belirtilerin bir gidiş belirteci olarak hem depresyon hem mani döneminde tanımlanabileceği önerilerek karma dönem sınıflandırmadan çıkarılmıştır (APA 2013).

Bipolar bozukluğun yaşam boyu prevalansı ortalama %1 olarak kabul edilir. Beş epidemiyolojik çalışmayı değerlendiren bir yazıda bu spektrumun yaşam boyu prevalansının %3–6.5 arasında değiştiği bulunmuştur. Erkek ve kadın oranının eşit olduğu bilinmektedir. Başlangıç yaşı ortalama 30 olmakla birlikte, çocukluktan, 50 yaşına ya da nadiren daha

## **KAYNAKLAR**

- Akiskal S, Tohen M (2006) Bipolar Psikofarmakoterapi. Hastanın Bakım ve Destegi. Çev. Ed. Oral T. Renk matbaası. İstanbul.
- American Psychiatric Association (2013) Diagnostic and Statistical Manual of Mental Disorders. 5th ed. Arlington, VA: American Psychiatric Association.
- Baldessarini RJ, Tondo L (1997) Reduced morbidity after gradual discontinuation of lithium treatment for bipolar II: A replication study. *Am J Psychiatry* ;154(4): 551-3.
- Ballenger JC, Post RM (1980) Carbamazepine in manic depressive illness: A new treatment. *Am J Psychiatry*, 137(7): 782-90.
- Beynon S, Soares-Weiser K, Woolacott N ve ark. (2009) Linear relationship of valproate serum concentration to response and optimal serum levels for acute mania. *Am J Psychiatry*, 163(2): 272-5.
- Bowden CL, Calabrese JR, McElroy SL, Gyulai L ve ark. (2000) A randomized, placebo-controlled 12-month trial of divalproex and lithium in treatment of outpatients with bipolar I disorder. Divalproex Maintenance Study Group. *Arch Gen Psychiatry*, 57(5): 481-9.
- Bowden CL (2003) Valproate. *Bipolar Disord*, 3:5:189-202.
- Calabrese JR, Bowden CL, McElroy SL, Cookson J ve ark. (1999) Spectrum of activity of lamotrigine in treatment-refractory bipolar disorder. *Am J Psychiatry*, 156(7):1019-23.
- Calabrese JR (2000) Topiramate versus placebo in mania. Presented at the 153rd Annual Meeting of the American Psychiatric Association, Chicago.
- Calabrese JR, Shelton MD, Rapport DJ, Youngstrom EA, Jackson K, Bilali S ve ark. (2005) A 20-month, double-blind, maintenance trial of lithium versus divalproex in rapid-cycling bipolar disorder. *Am J Psychiatry*, 162(11): 2152-61.
- Calabrese JR, Goldberg JF, Ketter TA, Suppes T ve ark. (2006) Recurrence in bipolar I disorder: a post hoc analysis excluding relapses in two double-blind maintenance studies. *Biol Psychiatry*, 1;59(11):1061-4.
- Carlson GA (2005) Bipolar disorder in young people: divalproex sodium no more effective than lithium for maintenance. *Evid Based Ment Health*, 8(4):101.
- Chouinard G, Young SN, Annable L (1983) Antimanic effect of clonazepam. *Biol Psychiatry*, 18(4):451-66.
- Denicoff KD, Smith-Jackson EE, Disney ER, Ali SO, Leverich GS, Post RM (1997) Comparative prophylactic efficacy of lithium, carbamazepine, and the combination in bipolar disorder. *J Clin Psychiatry*, 58(11):470-8.
- El-Mallakh R, Weisler RH, Townsend MH, Ginsberg LD (2006) Bipolar II disorder: current and future treatment options. *Ann Clin Psychiatry*, 18(4):259-66.
- Emrich HM (1990) Studies with oxcarbazepine (Trileptal) in acute mania. *Int Clin Psychopharmacol*, (5):83-88.

- Frye MA, Ketter TA, Kimbrell TA, Dunn RT, Speer AM ve ark. (2000) A placebo-controlled study of lamotrigine and gabapentin monotherapy in refractory mood disorders. *J Clin Psychopharmacol*, 20(6):607-14.
- Geddes JR, Burgess S, Hawton K, Jamison K, Goodwin GM. (2004) Long-term lithium therapy for bipolar disorder: systematic review and metaanalysis of randomized controlled trials. *Am J Psychiatry*, 161(2):217-22.
- Gelenberg AJ, Kane JM, Keller MB ve ark. (1989) Comparison of standard and low serum levels of lithium for maintenance treatment of bipolar disorder. *N Engl J Med*, 30;321(22):1489-93.
- Gershon S, Chengappa KN, Malhi GS (2009) Lithium specificity in bipolar illness: a classic agent for the classic disorder. *Bipolar Disord*, 11 Suppl 2:34-44.
- Ghaemi NS, Gilmer WS, Goldberg JF ve ark. (2007) Divalproex in the treatment of acute bipolar depression: a preliminary double-blind, randomized, placebo-controlled pilot study. *J Clin Psychiatry*, 68:1839-1840.
- Gitlin M, Frye MA (2012) Maintenance therapies in bipolar disorders. *Bipolar Disord*, 14 Suppl 2:51-65.
- Godwin FK, Jamison KR (1990) *Manic Depressive Illness*. New York, Oxford University Pres.
- Greil W, Kleindienst N, Erazo N, Müller-Oerlinghausen B (1998) Differential response to lithium and carbamazepine in the prophylaxis of bipolar disorder. *J Clin Psychopharmacol*, 18(6):455-60.
- Harrison PJ (2000) Neuropathological studies of bipolar disorder. *Acta Neuropsychiatrica*, 12: 96-98.
- Hussain MZ, Chaudry ZA, Hussain S (2001) Topiramate in treatment refractory bipolar depression. *Bipolar Disord*, 3(1):43.
- Işık E (2013) Bipolar bozukluğun tedavisi. Çocuk ergen erişkin ve yaşlılarda depresif ve bipolar bozukluklar. *Rota Tıp*, s. 416-474.
- Jefferson JW, Greits JG (2007) Lityum. *Comprehensive Textbook of Psychiatry* 8. Baskı Eds Sadock B, Sadock V, (Çev.Ed Aydın H, Bozkurt A) NewYork, s. 2839-2851.
- Keck PE, Mc Elroy SL (2001) Antiepileptik İlaçlar. *Klinik Psikofarmakolojinin Esasları*. Ed.Schatzberg AF, Nemeroff CB. Çev. Ed Ceylan E. İstanbul. s 257-286.
- Kemp DE, Gao K, Ganocy SJ, Elhaj O, Bilali SR ve ark. (2009) A 6-Month, double-blind, maintenance trial of lithium monotherapy versus the combination of lithium and divalproex for rapid-cycling bipolar disorder and co-occurring substance abuse or dependence. *J Clin Psychiatry*, 70(1):113-21.
- Kessing LV, Hellmund G, Geddes JR, Goodwin GM, Andersen PK (2011) Valproate v. lithium in the treatment of bipolar disorder in clinical practice: observational nation wide register-based cohort study. *Br J Psychiatry*, 199(1):57-63.

- Ketter TA (2007) Lamotrijin. *Comprehensive Textbook of Psychiatry* 8. Baskı Eds Sadock B, Sadock V, (Çev.Ed Aydın H, Bozkurt A) NewYork.s. 2749-2753.
- Kusumakar V, Yatham LN (1997) An open study of lamotrigine in refractory bipolar depression. *Psychiatry Res*, 19;72(2):145-8.
- Laeng P, Pitts RL, Lemire AL, Drabik CE (2004) The mood stabilizer valproic acid stimulates GABA neurogenesis from rat forebrain stem cells. *J of Neurochemistry*, 91:238-251.
- Muneoka K, Kon K, Kawabe M ve ark. (2012) Add-on lamotrigine treatment for subsyndromal depression after manic or mixed states in bipolar disorder improved the quality of life. *Case Rep Med*. 2012:736521.
- Oquendo MA, Galfalvy HC, Currier D, Grunebaum MF ve ark. (2011) Treatment of suicide attempters with bipolar disorder a randomized clinical trial comparing lithium and valproate in the prevention of suicidal behavior. *Am J Psychiatry*, 168(10):1050-6.
- Price LH, Dennis SC, Pedro LD, Georgc RH (1989) Lithium treatment and serotonergic function. *Arch Gen Psychiatry*, 46:13-19.
- Quiroz JA, Yatham LN, Palumbo JM, Karcher K ve ark. (2010) Risperidon long acting injectable monotherapy in the maintenance treatment of bipolar I disorder. *Biol Psychiatry*, 68(2):156-62.
- Rosenberg JM, Salzman C (2007) Update: new uses for lithium and anticonvulsants. *CNS Spect*, 12(11):831-41.
- Sadock BJ, Sadock VA (2005) *Klinik psikiyatri*, Kaplan Sadock. Ankara: Güneş kitabevi. 173-211.
- Sajatovic M, Gildengers A, Al Jurdi RK, Gyulai L, Cassidy KA ve ark. (2011) Multisite, open-label, prospective trial of lamotrigine for geriatric bipolar depression: a preliminary report. *Bipolar Disord*, 13(3):294-302.
- Sajatovic M, Thompson TR, Nanry K, Edwards S, Manjunath R (2013) Prospective, open-label trial measuring satisfaction and convenience of two formulations of lamotrigine in subjects with mood disorders. *Patient Prefer Adherence*, 7;7:411-7.
- Schou M (1997) Forty years of lithium treatment. *Arch Gen Psychiatry*, 54(1):9-13.
- Shinohara K, Okamoto Y, Jitsuiki H, Yamashita ve ark. (2007) The tolerability of oral-loaded valproate after remission of acute mania in Japanese patients with bipolar disorder. *Prim Care Companion J Clin Psychiatry*, 9(3):241.
- Smith LA, Cornelius VR, Azorin JM, Perugi G, Vieta E, Young AH ve ark. (2010) Valproate for the treatment of acute bipolar depression: systematic review and meta-analysis. *J Affect Disord*, 122(1-2):1-9.
- Stahl SM (2008) *Psikofarmakolojinin Temelleri. Reçete Rehberi*. Çev. Ed. Oral T. İstanbul. Sigma Publishing, s. 237-243

- Stahl SM (2015) Sthal'ın Temel Psikofarmakolojisi. Duygudurum Dengeleyicileri. Çev. Ed. Alkin T. İstanbul Medikal Sağlık ve Yayıncılık, s. 370-387.
- Stein DJ, Kupper DJ, Schatzberg AF (2007) Duygudurum Bozuklukları Temel Kitabı. Çev Ed. Oral T. İstanbul. Sigma Publishing, s284-285.
- Strakowski SM, Del Bello MP, Adler CM, Keck PE (2003) Atypical antipsychotics in the treatment of bipolar disorder. *Expert Opin Pharmacother*, 4(5):751-60.
- Suppes T, Baldessarini RJ, Faedda GL, Tohen M (1991) Risk of recurrence following discontinuation of lithium treatment in bipolar disorder. *Arch Gen Psychiatry*, 48(12): 1082-8.
- Suppes T, Marangell LB, Bernstein IH, Kelly DI, Fischer EG ve ark. (2008) A single blind comparison of lithium and lamotrigine for the treatment of bipolar II depression. *J Affect Disord*, 111(2-3):334-43.
- Thomas P, Vieta ve ark. (2008) Amisulpride plus valproate vs haloperidol plus valproate in the treatment of acute mania of bipolar I patients: a multicenter, open-label, randomized, comparative trial. *Neuropsychiatr Dis Treat*. 4(3):675-86.
- Tränkner A, Sander C, Schönknecht P (2013) A critical review of the recent literature and selected therapy guidelines since 2006 on the use of lamotrigine in bipolar disorder. *Neuropsychiatr Dis Treat*.(9):101-11.
- Tohen M, Greil W, Calabrese JR, Sachs GS, Yatham LN, Oerlinghausen BM ve ark. (2005) Olanzapine versus lithium in the maintenance treatment of bipolar disorder: a 12 month randomized double-blind controlled clinical trial. *Am J Psychiatry*, 162(7):1281-90.
- Tohen M, Vieta E, Calabrese J, Ketter TA ve ark. (2003) Efficacy of olanzapine and olanzapine-fluoxetine combination in the treatment of bipolar I depression. *Arch Gen Psychiatry*, 60(11):1079-88.
- Tondo L, Baldessarini RJ, Floris G (2001) Long-term clinical effectiveness of lithium maintenance treatment in types I and II bipolar disorders. *Br J Psychiatry*, 178 (Suppl 41):s.184-90.
- Tunca Z, Özerdem A (2010) Duygudurum dengeleyici İlaçlar. Temel Psikofarmakoloji. Ed. Yüksel N. Türkiye Psikiyatri Derneği Yayınları Ankara, s. 719-752.
- Uluşahin A (2010) Duygudurum dengeleyici İlaçlar. Temel Psikofarmakoloji. Ed. Yüksel N. Türkiye Psikiyatri Derneği Yayınları Ankara, s. 753-763.
- Van der Loos ML, Kölling P, Knoppert-van der Klein EA, Nolen WA (2007) Lamotrigine in the treatment of bipolar disorder, a review. *Tijdschr Psychiatr*, 49(2):95-103.
- Vieta E, Cruz N, García-Campayo J ve ark. (2008) A double blind, randomized, placebo-controlled prophylaxis trial of oxcarbazepine as adjunctive treatment to lithium in the long-term treatment of bipolar I and II disorder. *Int J Neuropsychopharmacol*, 11(4):445-52.

- Winkler D, Willeit M, Wolf R, Stamenkovic M, Tauscher J ve ark. (2003) Clonazepam in the long-term treatment of patients with unipolar depression, bipolar and schizoaffective disorder. *Eur Neuropsychopharmacol*, 13(2):129-34.
- Yathama LN, Kennedy SH, Parikh SV, Schaffer A ve ark. (2013) Canadian Network for Mood and Anxiety Treatments (CANMAT) and International Society for Bipolar Disorders (ISBD) collaborative update of CANMAT guidelines for the management of patients with bipolar disorder: update 2013 *Bipolar Disorders*, 15: 1-44.
- Young AH, McElroy SL, Bauer M, Philips N, Chang W, Olausson B, et al; EM-BOLDEN I (Trial 001) Investigators. (2010) A double-blind, placebo-controlled study of quetiapine and lithium monotherapy in adults in the acute phase of bipolar depression. *J Clin Psychiatry*. 71(2):150-62.
- Zarzar MN, Graham J, Roberts J, Thompson T, Nanry K (2007) Effectiveness and weight effects of open-label lamotrigine with and without concomitant psychotropic medications in patients with bipolar I disorder. *Med Gen Med*, 22;9 (2):41.