

# Bölüm 4

## YAŞLILARDA BİPOLAR BOZUKLUKLAR

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Bu bölümde yaşlılık döneminde görülen bipolar bozukluklarından bahsedilecektir. Bipolar bozukluklar(BB) hayatın her döneminde olduğu gibi yaşlılık döneminde de sıklıkla karşılaştığımız ruhsal bozukluklardır. Yaşlılık dönemi bipolar bozuklukları hem daha erken dönemde başlamış ve yaşlılık döneminde de devam eden hastalardan hem de ilk kez yaşlılık döneminde başlayan hastalardan oluşmaktadır. İleri yaşta başlayan bipolar bozukluklar genellikle 60 yaşından sonra başlayan hastaları tanımlamakla birlikte 50, 55 ve 65 yaşından sonra başlayanları da geç başlangıçlı olarak değerlendiren görüşler vardır. Uluslararası Bipolar Bozukluklar Derneği Yaşlılık dönemi görev grubu  $50 \leq$  yaş hastaları yaşlı bipolar olarak kabul edilmesini önermektedir.

Yaşlılık döneminde tıbbi hastalık komorbiditesi sık görülür. Bu nedenle çoklu ilaç kullanımı da sıklıkla gözlenir. Yaşlılık döneminde görülen bipolar bozukluklarının ne gibi farklılıkları var? Tedavilerinde farklılıklar var mı? Bu konular yaşlı bipolar hastaların tanı ve tedavisinde önem arz etmektedir. Duygudurum bozuklukları DSM-5'e kadar tek ana başlık altında toplanırken DSM-5'te "bipolar ve ilişkili bozukluklar" ve "depresif bozukluklar" 2 ana başlık altında yer almaktadır. Bipolar ve ilişkili bozukluklar başlığı altında bipolar-I, bipolar-II, siklotimik bozukluk, maddenin-ilacın yol açtığı bipolar ve ilişkili bozukluk, başka bir tıbbi duruma bağlı bipolar ve ilişkili bozukluk, tanımlanmış diğer bipolar ve ilişkili bozukluk, tanımlanmamış bipolar ve ilişkili bozukluklar yer almaktadır.

Bipolar Bozukluk için manik veya hipomanik ve depresif epizod kriterlerinin karşılanması gerekir. Bipolar bozukluk duygudurumdaki normal dalgalanma değildir. İlk epizodlar genellikle depresif epizodlar olmaktadır. Pek çok vaka, daha

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