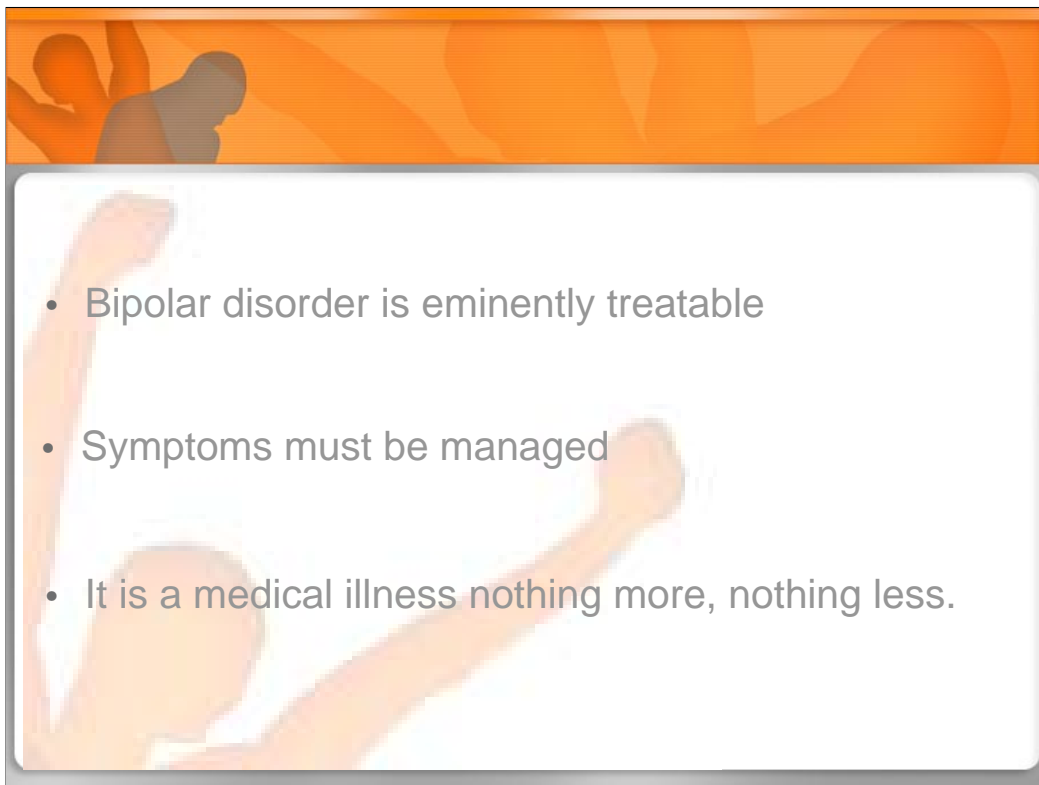


The slide features a white background with a grey border. At the top, there is an orange banner with the title 'Conclusion to the program' in white text. On the left side of the banner, there are silhouettes of people with their arms raised. On the right side of the main white area, there are larger, more prominent silhouettes of people with their arms raised, one in orange and one in grey.


## Conclusion to the program

- Understanding and education are vital to the treatment and acceptance of bipolar disorder in the community
- People have lived in ignorance for too long
- In this program we have provided knowledge about:
  - Diagnosis
  - Treatment
  - Management
  - Origins.


Our presentation has provided an overview of an illness that we know an enormous amount about. We believe understanding the illness and educating people about it, both those who have it and others, is vital to its treatment and acceptance in the broader community. People have lived in ignorance about this medical condition for far too long, causing unnecessary suffering and prejudice. We have provided throughout this presentation knowledge about its diagnosis, treatment, management and, of course, its origins.



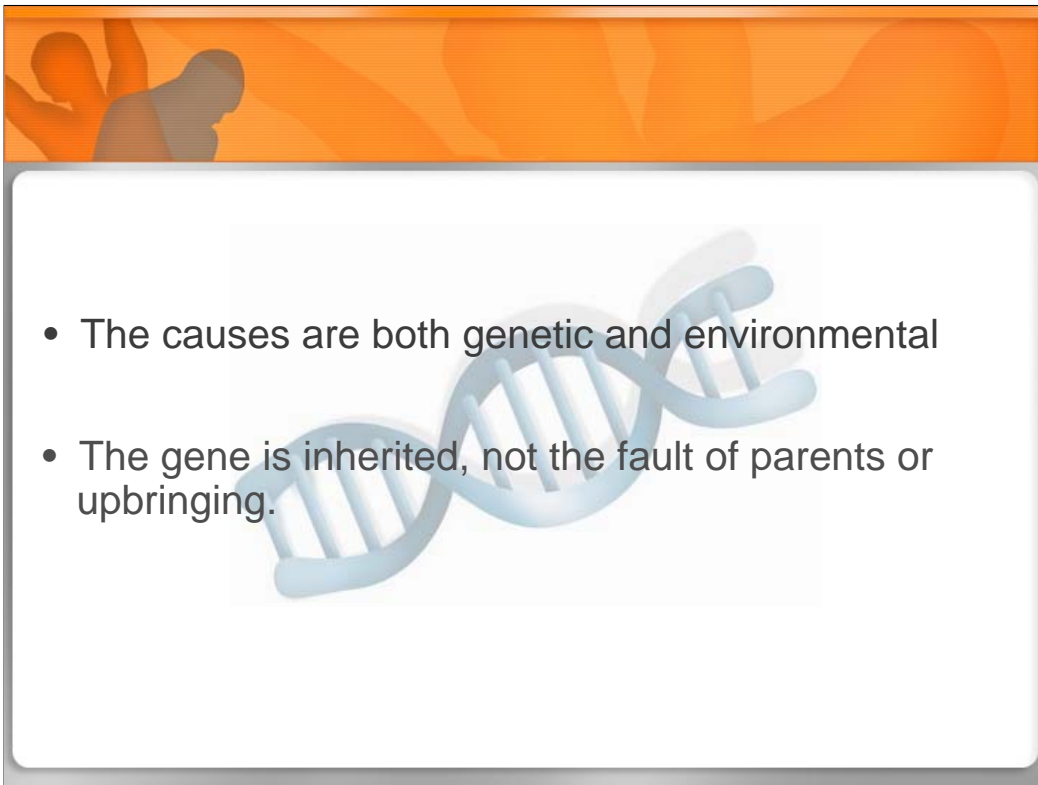
The message of this presentation is very clear, namely that bipolar mood disorder is an illness that is eminently treatable. Like all illnesses it has symptoms attached to it that must be treated and managed. Bipolar mood disorder is a medical illness nothing more, nothing less.



- We have highlighted:
  - The different types of bipolar disorder (bipolar II being harder to detect)
  - Medications are now many and varied
  - One size does not fit all
  - Management
  - Stay well plans
  - Early identification of mood swings – mood monitoring.



We have highlighted the different types of bipolar mood disorder for in the case of bipolar II it is often less obvious and harder to detect because people do not endure the more extreme manic states. They may still suffer. It is not however so overt and for this reason are often not diagnosed. The medications are now many and varied, giving clinicians a range of options for the treatment of the illness something that we have never had before. It is also important to understand that with medications one size does not fit all, what works for one does not necessarily work for another. Management of the illness by clinicians, stay well plans and focus groups are important ingredients in people understanding their mood swings. Early identification of a variation in mood is imperative to the understanding of how an individual is feeling at a particular time and what they can do about it. Monitoring one's mood and staying well as a consequence is a very important part of this program.



The slide features an orange header with silhouettes of people. The main content area is white with a grey border. In the center, there is a blue and white DNA double helix graphic. To the left of the DNA graphic, there are two bullet points:

- The causes are both genetic and environmental
- The gene is inherited, not the fault of parents or upbringing.

The causes of bipolar mood disorder are both genetic and environmental. This is the new and exciting frontier in understanding the nature of the illness. What it also does is to define the illness as essentially a genetic illness. One inherits the gene. It is not the fault of parents or of upbringing.



*Finally ... I would like to say that I have had bipolar disorder all of my adult life ... with the benefit of medication, a good psychiatrist and support, I have lived a full and complete life.*

*... Though there ... are some highs and lows, these are mollified by the treatment and support I receive.*

*... Life itself is totally separate from my illness.*

*... I am a person who has the illness, not the other way around.*

Finally I would like to say that I have had bipolar mood disorder all of my adult life. While I was thirty five before I was diagnosed the illness was within me. With the benefit of medication, a good psychiatrist and support, I have been able to live a full and complete life. Though there were and are some highs and lows these are mollified by the treatment and support I receive. Over my life I have been a lawyer, a Member of the State Parliament of Victoria, including 3 years as Shadow Attorney General , I have written and produced seven plays one of which has won an awarded. My two sons are close to me as I am to them. Life itself is totally separate from my illness, it doesn't run my life.

Education and information about the illness demystifies it and allows those who have it to say "that I am a person who has an illness called bipolar mood disorder not the other way round".