



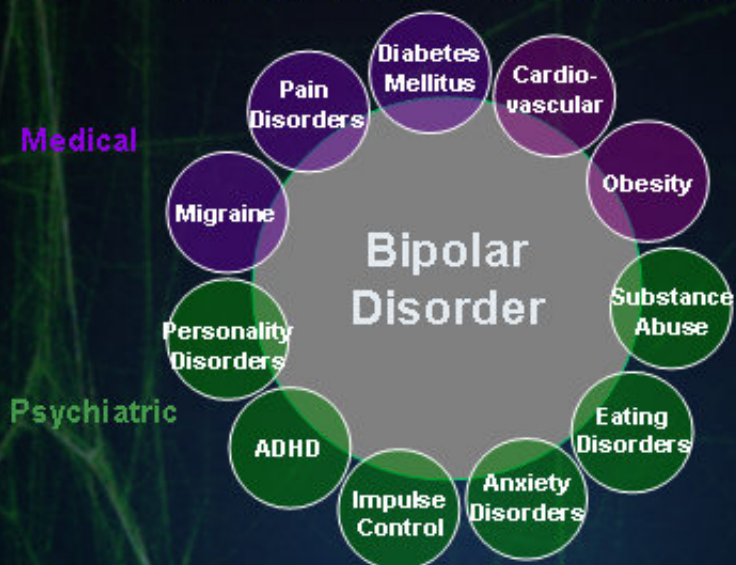
Is It Normal to Have Additional Conditions?

by NEWLIFEOUTLOOK TEAM

The Associated Conditions of Bipolar

Having other conditions in addition to bipolar disorder is completely normal. In fact, it's pretty much expected. It is likely that any health practitioner to diagnose you with any condition will already be aware of your bipolar disorder. There are still some questions that you can ask, including how the medication for the additional condition might affect the ones you take for bipolar disorder. The additional condition, such as obesity, might even be a result of the medication. For obesity, you can increase exercises in your daily activities. Pets that require you to go outside can help you to get exercise, since it's not just something you need; it's also something a pet needs. Also, any other techniques to help with weight loss can help you. Weight and nutrition are important to be mindful of in order to prevent diabetes.

Comorbidities Are the Rule Rather Than the Exception



M McIntyre RB et al. *Hum Psychopharmacol* 2004; 19:388-398.