

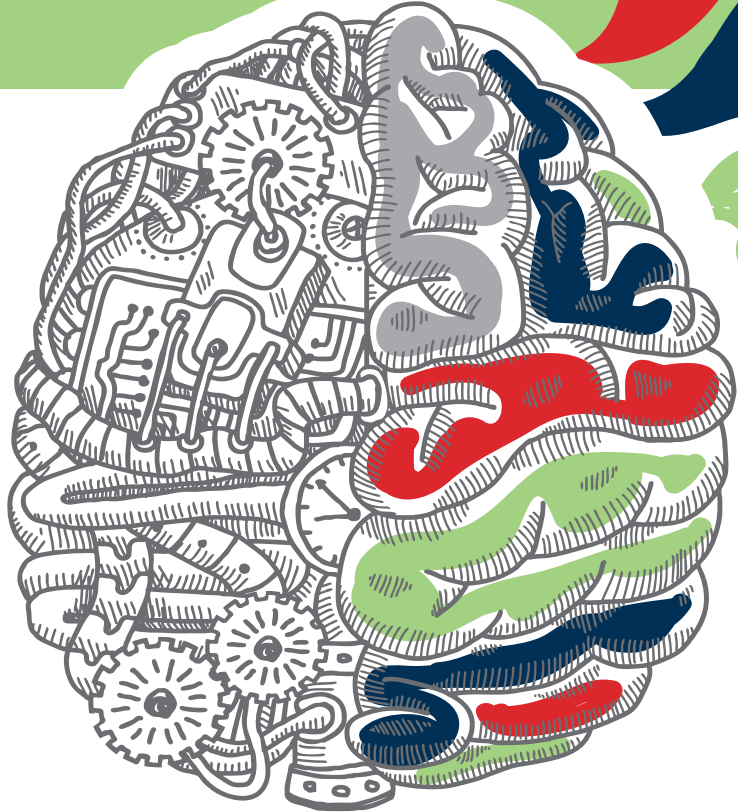
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# WORLD BIPOLAR DAY

## WHAT IS ELECTROCONVULSIVE THERAPY (ECT)?

Electroconvulsive therapy (ECT), has been used for many years as part of the effective treatment of persons suffering from severe mental illnesses such as bipolar mood disorder. The treatment involves a small electrical stimulus to the brain which induces a short seizure with the aim of providing relief from symptoms related to an array of mental illnesses, whilst you are comfortable, completely asleep and unaware of the procedure.

The value of this treatment is known worldwide. The method has been improved in recent years yielding better results and less side effects. Modern ECT is safe and comfortable for most people. For some conditions, it is often the best and safest treatment option.



### ECT may be suitable to you if:

- + You have been diagnosed with bipolar mood disorder or very serious depression and your prescribed medication has not worked or have caused serious side effects;
- + You have been diagnosed with some forms of mania or schizophrenia;
- + you are pregnant and cannot take some of your medication;
- + You can't take medication due to another medical condition; or
- + You are having suicidal thoughts

For more information about the treatment of bipolar mood disorder or ECT therapy options offered at Life Mental Health facilities, please contact us at 011 219 9626 or email [mentalhealth.headoffice@lifehealthcare.co.za](mailto:mentalhealth.headoffice@lifehealthcare.co.za)

Visit our website for more information at [www.lifehealthcare.co.za](http://www.lifehealthcare.co.za)