

# How to avoid lithium toxicity

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### How to prevent lithium toxicity

You may take lithium as a treatment for bipolar disorder. It's the most common form of treatment for this condition. Lithium toxicity can be caused by underlying health issues, changes to medication, or incorrect dosage.

Lithium is commonly prescribed by psychiatrists to manage recurrent bipolar illness. Lithium was approved in the 1970s by the U.S. Food and Drug Administration (FDA) as a mood stabilizer and a treatment for mania.

Lithium is a powerful medication that has antimanic properties. Though lithium has been approved as a treatment, its effects on the brain aren't completely understood. Researchers believe lithium makes the brain less responsive to stimulation that causes manic episodes. It's also thought to reduce the responsiveness to neurotransmitters.

Lithium can become dangerous when it's taken in excess. When excessive amounts are taken intentionally or accidentally, it can cause acute or acute-on-chronic overdose symptoms.

To determine whether you're experiencing lithium toxicity, you first need to know the common side effects of prescribed lithium. They include:

Some signs of lithium toxicity are similar to its side effects, but more severe. Symptoms of lithium toxicity include severe nausea and vomiting, severe hand tremors, confusion, and vision changes. If you experience these, you should seek immediate medical attention to check your lithium levels.

There are three types of lithium toxicity. They range from mild and uncomfortable to severe and dangerous if left untreated. ?

Acute lithium toxicity. Symptoms commonly include feeling weak, having a worsening tremor, feeling unbalanced or uncoordinated, poor concentration, diarrhea.

Acute-on-chronic lithium toxicity. With this level of poisoning, you could experience gastrointestinal (GI) problems. You may also experience neurological problems. ?

Chronic lithium toxicity. At this level, you will mostly experience neurological symptoms. Severity will depend on the levels of lithium in your body.?

If you have one or more of the following symptoms, you may be experiencing early lithium toxicity:

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