

**This is Exhibit "F"
to the Affidavit of
Jonathan William Kiska
sworn before me at Ottawa,
in the Province of Ontario, this 27th
day of July, 2017.**



A Commissioner, etc.

MEMO

To: Dr. Charbonneau, Files
From: Deirdre Moore
Date: Wednesday May 29, 2013

RE: With a better understanding of Bipolar Disorder:
Requesting removal of "Brief Psychotic Disorder" from final diagnosis.

Dear Dr. Charbonneau,

In my attempt to continue to understand/accept the bi-polar diagnosis*, I came across the attached article yesterday. It is the first article I have found that details exactly what I experienced during both my March 2 – 4 and April 16 – 18 episodes:

During severe manic or depressed episodes, some people with bipolar disorder may have symptoms that overwhelm their ability to deal with everyday life, and even reality. This inability to distinguish reality from unreality results in psychotic symptoms such as hearing voices, paranoia, visual hallucinations, and false beliefs of ... identity. They may have distressing periods of ... rage that is not typical of the person during periods of wellness. These abrupt shifts of mood interfere with reason, logic and perception to such a drastic degree that those affected may be unaware of the need for help. (psychcentral.com/disorders/bipolar/)

So, finally, I understand and accept your diagnosis of bipolar disorder.

Yesterday, I had urged you to include "brief reactive psychosis" (or something similar) in the final diagnosis ... because the bipolar symptoms didn't capture what happened to me. Now that I realize a "psychotic break" is a symptom of bipolar disorder, would you please remove "brief reactive psychosis" from the medical chart? I can assure you that this will be my last request; perhaps even my last memo.

Thank you. Deirdre.

*The reason I was so opposed to the bipolar diagnosis was because I had not experienced most of the symptoms that we spoke of and that are listed in most of the online research:

- * Excessive happiness, hopefulness, and excitement
- * Sudden changes from being joyful to being irritable, angry, and hostile
- ✓ Restlessness, increased energy, and less need for sleep
- * Rapid talk, talkativeness
- * Distractibility
- * Racing thoughts
- * High sex drive
- * Tendency to make grand and unattainable plans
- * Tendency to show poor judgment, such as impulsively deciding to quit a job
- * Inflated self-esteem or grandiosity
- * Increased reckless behaviors (such as lavish spending sprees, impulsive sexual indiscretions, abuse of alcohol or drugs, or ill-advised business decisions)