



Facts about Anxiety Disorders

by NEWLIFEOUTLOOK TEAM

What Are Anxiety Disorders?

Sometimes, working through your thoughts logically can help. For instance, if you're in a room and the room seems to start closing in or feeling tight, try to think about the actual air flow. There's probably a form of ventilation, there's a lot of air within the room, and the people in that room aren't using all of the oxygen they inhale; part of the oxygen in the air that is inhaled is exhaled as waste. So, there's no risk for suffocation at all. Thinking through something logically and looking for areas you can use that conflict with your negative thoughts is one way to help you cope when you start to feel an anxiety attack come on.

WHAT ARE ANXIETY DISORDERS?

WHAT ARE ANXIETY DISORDERS?

ANXIETY DISORDERS ARE A GROUP OF MENTAL HEALTH CONDITIONS THAT CAUSE FEELINGS OF WORRY, NERVOUSNESS, AND FEAR.

THEY CAN BE CAUSED BY A VARIETY OF FACTORS, INCLUDING GENETICS, ENVIRONMENTAL FACTORS, AND LIFE EVENTS.

THEY CAN AFFECT ANYONE, BUT ARE MOST COMMON IN WOMEN.

THEY CAN BE TREATED, AND MANY PEOPLE WITH ANXIETY DISORDERS ARE ABLE TO LIVE FULL, PRODUCTIVE LIVES.

IF YOU THINK YOU MAY HAVE AN ANXIETY DISORDER, IT'S IMPORTANT TO TALK TO YOUR DOCTOR.

SYMPTOMS OF ANXIETY DISORDERS

SYMPTOMS OF ANXIETY DISORDERS CAN VARY, BUT MAY INCLUDE:

- FEELINGS OF WORRY OR NERVOUSNESS
- RESTLESSNESS
- IRITABILITY
- DIFFICULTY CONCENTRATING
- PROBLEMS SLEEPING
- FEELING OVERWHELMED
- FEELING LIKE YOU'RE ON A HIGH WIRE
- FEELING LIKE YOU'RE LOSING CONTROL
- FEELING LIKE YOU'RE GOING TO GO CRAZY
- FEELING LIKE YOU'RE GOING TO DIE

CAUSES OF ANXIETY DISORDERS

CAUSES OF ANXIETY DISORDERS CAN VARY, BUT MAY INCLUDE:

- GENETICS
- ENVIRONMENTAL FACTORS
- LIFE EVENTS
- PHYSICAL HEALTH
- PSYCHOLOGICAL FACTORS

DIAGNOSIS OF ANXIETY DISORDERS

DIAGNOSIS OF ANXIETY DISORDERS IS MADE BY A DOCTOR, BASED ON YOUR SYMPTOMS AND A HISTORY OF YOUR LIFE.

THE DOCTOR MAY ASK YOU QUESTIONS ABOUT YOUR SYMPTOMS, HOW LONG YOU'VE HAD THEM, AND HOW THEY AFFECT YOUR LIFE.

THE DOCTOR MAY ALSO ASK YOU TO TAKE A TEST, OR TO HAVE A PHYSICAL EXAMINATION.

TREATMENT OF ANXIETY DISORDERS

TREATMENT OF ANXIETY DISORDERS CAN VARY, BUT MAY INCLUDE:

- PSYCHOTHERAPY
- COGNITIVE BEHAVIORAL THERAPY
- EXPOSURE THERAPY
- RELAXATION TECHNIQUES
- PHARMACOTHERAPY

PREVENTION OF ANXIETY DISORDERS

PREVENTION OF ANXIETY DISORDERS CAN VARY, BUT MAY INCLUDE:

- STRESS MANAGEMENT
- EXERCISE
- HEALTHY EATING
- SLEEP
- POSITIVE THINKING

THE HISTORY OF ANXIETY DISORDERS

THE HISTORY OF ANXIETY DISORDERS IS LONG, AND HAS EVOLVED OVER TIME.

IN THE 19TH CENTURY, ANXIETY DISORDERS WERE CONSIDERED A WEAKNESS, AND WERE OFTEN TREATED WITH PUNISHMENT.

IN THE 20TH CENTURY, ANXIETY DISORDERS WERE RECOGNIZED AS A MENTAL HEALTH CONDITION, AND WERE TREATED WITH MEDICATION.

IN THE 21ST CENTURY, ANXIETY DISORDERS ARE MORE COMMONLY TREATED WITH THERAPY, AND THERE IS A GREATER UNDERSTANDING OF THE CONDITION.

ANXIETY DISORDERS IN THE US

ANXIETY DISORDERS ARE ONE OF THE MOST COMMON MENTAL HEALTH CONDITIONS IN THE UNITED STATES.

IN 2017, 18.8% OF THE US POPULATION (68.7 MILLION PEOPLE) HAD AN ANXIETY DISORDER.

ANXIETY DISORDERS ARE MORE COMMON IN WOMEN THAN IN MEN.

ANXIETY DISORDERS ARE MORE COMMON IN WHITE PEOPLE THAN IN BLACK PEOPLE.

ANXIETY DISORDERS ARE MORE COMMON IN PEOPLE WITH A COLLEGE DEGREE THAN IN PEOPLE WITH A HIGH SCHOOL DIPLOMA.

HOW IS A PERSON DIAGNOSED WITH AN ANXIETY DISORDER?

A PERSON IS DIAGNOSED WITH AN ANXIETY DISORDER BY A DOCTOR, BASED ON THEIR SYMPTOMS AND A HISTORY OF THEIR LIFE.

THE DOCTOR MAY ASK YOU QUESTIONS ABOUT YOUR SYMPTOMS, HOW LONG YOU'VE HAD THEM, AND HOW THEY AFFECT YOUR LIFE.

THE DOCTOR MAY ALSO ASK YOU TO TAKE A TEST, OR TO HAVE A PHYSICAL EXAMINATION.

WHAT CAUSES ANXIETY DISORDERS?

CAUSES OF ANXIETY DISORDERS CAN VARY, BUT MAY INCLUDE:

- GENETICS
- ENVIRONMENTAL FACTORS
- LIFE EVENTS
- PHYSICAL HEALTH
- PSYCHOLOGICAL FACTORS

HOW DO DOCTORS TREAT ANXIETY DISORDERS?

TREATMENT OF ANXIETY DISORDERS CAN VARY, BUT MAY INCLUDE:

- PSYCHOTHERAPY
- COGNITIVE BEHAVIORAL THERAPY
- EXPOSURE THERAPY
- RELAXATION TECHNIQUES
- PHARMACOTHERAPY

CAN SOMEONE WITH AN ANXIETY DISORDER STILL LIVE A SUCCESSFUL LIFE?

YES, SOMEONE WITH AN ANXIETY DISORDER CAN LIVE A SUCCESSFUL LIFE.

WITH THE RIGHT TREATMENT, MANY PEOPLE WITH ANXIETY DISORDERS ARE ABLE TO LIVE FULL, PRODUCTIVE LIVES.

IT'S IMPORTANT TO TALK TO YOUR DOCTOR IF YOU THINK YOU MAY HAVE AN ANXIETY DISORDER.

GLOBAL MEDICAL EDUCATION

GLOBAL MEDICAL EDUCATION IS A LEADING PROVIDER OF MEDICAL EDUCATION FOR DOCTORS AND NURSES AROUND THE WORLD.

WE OFFER A WIDE RANGE OF COURSES, INCLUDING:

- GENERAL PRACTICE
- INTERNAL MEDICINE
- PAEDIATRICS
- OBSTETRICS AND Gynaecology
- PSYCHIATRY
- GERIATRICS
- DIAGNOSTIC RADIOLOGY
- INTERVENTIONAL RADIOLOGY
- ORTHOPAEDICS
- NEUROLOGY
- ONCOLOGY
- PHYSIOLOGY
- REPRODUCTIVE MEDICINE
- SKIN DISEASES
- SPINAL SURGERY
- THORACIC SURGERY
- UROLOGY
- VASCULAR SURGERY
- WOUND HEALING

FOR MORE INFORMATION, VISIT OUR WEBSITE: www.globalmeded.com