



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 IS AN ANXIETY DISORDER?
Anxiety disorders are a group of mental health conditions characterized by excessive, persistent fear or worry that interferes with daily life. In Canada, approximately 28.8 million people are affected by an anxiety disorder.

POSSIBLE SYMPTOMS

- Excessive sweating
- Racing heart
- Shaking
- Shortness of breath
- Feeling of choking
- Dizziness
- Nausea
- Headaches
- Stomach problems
- Panic attacks

PEOPLE WITH AN ANXIETY DISORDER MAY FEEL THE NEED TO ALWAYS BE PREPARED FOR SOMETHING BAD TO HAPPEN, EVEN WHEN THERE'S NO REAL DANGER.

FACTS

- Approximately 28.8 million Canadians are affected by an anxiety disorder.
- Approximately 1 in 10 Canadians experience an anxiety disorder at some point in their lives.
- Approximately 1 in 5 Canadians experience a panic disorder at some point in their lives.
- Approximately 1 in 10 Canadians experience a social anxiety disorder at some point in their lives.
- Approximately 1 in 10 Canadians experience a specific phobia at some point in their lives.
- Approximately 1 in 10 Canadians experience agoraphobia at some point in their lives.

HOW DO ANXIETY DISORDERS DEVELOP?

Anxiety disorders can develop due to a combination of factors, including:

- Genetics:** A family history of anxiety disorders increases the risk.
- Environment:** Traumatic events, stress, and social factors can contribute.
- Brain Chemistry:** Imbalances in neurotransmitters like serotonin and GABA can play a role.
- Personality:** People with a tendency towards worry or perfectionism are more susceptible.

THE HISTORY OF ANXIETY DISORDER

The history of anxiety disorders is rooted in ancient Greek and Roman times. The word "anxiety" is derived from the Latin word "anxius," meaning "worried" or "anxious." The concept of anxiety disorders has evolved over centuries, with various cultures and medical systems offering different perspectives on its nature and treatment.

ANXIETY DISORDERS IN THE 21ST CENTURY

In the 21st century, anxiety disorders have become a significant public health concern. The prevalence of anxiety disorders has increased globally, with a notable rise in panic disorder and agoraphobia. This increase is attributed to various factors, including changes in lifestyle, environmental stressors, and advances in medical research.

HOW IS A PHYSICIAN DIAGNOSED WITH AN ANXIETY DISORDER?

Diagnosis of an anxiety disorder typically involves a comprehensive evaluation by a healthcare professional. This includes a detailed medical history, a physical examination, and a series of psychological assessments. The clinician will also consider the patient's symptoms, their duration, and their impact on daily life.

DIAGNOSIS

The diagnosis is based on the criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). This manual provides a standardized framework for identifying and classifying mental health conditions.

WHAT CAUSES ANXIETY DISORDERS?

Anxiety disorders are caused by a complex interplay of biological, psychological, and environmental factors. Key elements include:

- Brain Chemistry:** Imbalances in neurotransmitters like serotonin and GABA.
- Genetics:** Family history and hereditary factors.
- Environment:** Trauma, stress, and social influences.
- Personality:** Individual traits and coping mechanisms.

HOW DO DOCTORS TREAT ANXIETY DISORDERS?

Treatment for anxiety disorders is tailored to the individual patient's needs and the severity of their symptoms. Common approaches include:

- Psychotherapy:** Cognitive-behavioral therapy (CBT) and exposure therapy are highly effective.
- Medication:** Antidepressants and anti-anxiety medications can provide relief.
- Lifestyle Changes:** Regular exercise, a healthy diet, and stress management techniques.

COMBATING YOUR ANXIETY DISORDERS CAN BE A SUCCESSFUL LIFE!

With the right treatment and support, individuals with anxiety disorders can lead fulfilling and successful lives. It's important to seek professional help and stay committed to the treatment plan.

GLOBAL MEDICAL EDUCATION

For more information on anxiety disorders and other medical topics, visit our website at www.globalmedical.com.