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?
HOW ARE ANXIETY DISORDERS?
Anxiety disorders are the most common psychiatric disorder in the US.
with 19 MILLION affected adults.
People with an anxiety disorder are six times more likely to be hospitalized for psychiatric disorders than non-sufferers.
Overall, anxiety disorders are associated with a 3 fold increased risk for suicide attempts.
ANXIETY DISORDERS ARE FREQUENTLY COMORBID WITH OTHER DISORDERS...
59.2%
of all patients with major depression had an anxiety disorder
Over four of 10 individuals with major depressive disorder had a diagnosable anxiety disorder
70%
Anxiety disorders are found to exist at much higher rates in people with the following conditions:
Asthma
Hypertension
Arthritis
Heart Disease
Chronic Headaches
Back & Neck Pain
HERE ARE SEVERAL TYPES OF ANXIETY DISORDERS:
GENERALIZED ANXIETY DISORDER
PANIC DISORDER
OBSESSIVE-COMPULSIVE DISORDER
POST-TRAUMATIC STRESS DISORDER
SOCIAL ANXIETY DISORDER
SPECIFIC PHOBIAS
Did you know that Global Medical Education www.gmeded.com has more information on the diagnosis and treatment of anxiety disorders?
THE HISTORY OF ANXIETY DISORDER
1880
Present Day
Did You Know?
DSM-5
ANXIETY DISORDERS IN THE DSM-5
CHANGES IN DSM-5 GROUPING FOR ANXIETY AND RELATED DISORDERS:
HOW IS A PERSON DIAGNOSED WITH AN ANXIETY DISORDER?
WHAT CAUSES ANXIETY DISORDERS?
BRAIN CHEMISTRY
GENETICS
ENVIRONMENT
HOW DO DOCTORS TREAT ANXIETY DISORDERS?
PSYCHOTHERAPY
MEDICATIONS
COMPLEMENTARY & ALTERNATIVE TREATMENT
Yoga
Acupuncture
Meditation Techniques
CAN SOMEONE WITH ANXIETY DISORDERS STILL LEAD A SUCCESSFUL LIFE?
Jessica Alba
Howie Mandel
Terry Crews
Russell Brand
Jenny Dean
Nicole Kidman
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