

Welcome to Pine Street Family Practice's Podcasts!!

New Series of Podcasts

▶ A Few Topics

- ▶ Anxiety
- ▶ Diabetes
- ▶ Hypertension
- ▶ Dementia
- ▶ Obesity
- ▶ Nutrition

▶ What will the podcast review?

▶ Brief information on a health topic

- ▶ Definition
- ▶ Signs and symptoms
- ▶ Risk Factors
- ▶ Treatments





Anxiety

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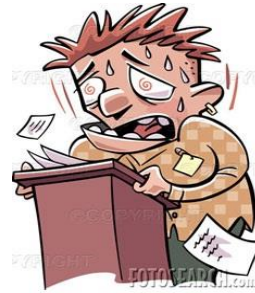


Facts

- ▶ Anxiety disorders are the most common mental illness in the U.S.
 - ▶ affecting 40 million adults in the United States age 18 and older
 - ▶ Representing 18.1% of the population every year.
- ▶ Anxiety disorders are treatable
 - ▶ Only approximately 36% get treatment.
- ▶ People with an anxiety disorders are:
 - ▶ 3-5x more likely to go to the doctor
 - ▶ 6x more likely to be hospitalized for psychiatric disorders than those who do not suffer from anxiety disorders.



What is anxiety?



BEFORE



AFTER

Some anxiety can be good for us...

- ▶ anxiety can make us push ourselves as to study harder to get an “A” on a test or make us more alert and careful like paying attention to our surroundings when walking down a dark street alone. This type of anxiety usually ends soon after the situation that caused it has passed.

Some anxiety can be not good for us...

- ▶ For millions of people in the United States, the anxiety does not go away after a stressful situation has pass and can become worse over time and sometimes develop into an anxiety disorders.



Sign and Symptoms

Emotional symptoms include:

- ▶ Feelings of apprehension or fear
- ▶ Feeling tense or jumpy
- ▶ Restlessness or irritability
- ▶ Anticipating the worst and being watchful for signs of danger

Physical symptoms include:

- ▶ Racing heart and shortness of breath
- ▶ Sweating, tremors and twitches
- ▶ Headaches, fatigue and insomnia
- ▶ GI issues, upset stomach, frequent urination, diarrhea



Anxiety Disorders

- ▶ Different types include:
 - ▶ Panic disorder
 - ▶ Obsessive-compulsive disorder (OCD)
 - ▶ Post-traumatic stress disorder (PTSD)
 - ▶ Generalized anxiety disorder (GAD)
 - ▶ Social anxiety disorder



GAD symptoms include:

- ▶ Restlessness or feeling wound-up or on edge
- ▶ Easily fatigued
- ▶ Difficulty concentrating
- ▶ Irritability
- ▶ Muscle tension
- ▶ Difficulty controlling being worried
- ▶ Sleep problems
 - ▶ difficulty falling or staying asleep or restless, unsatisfying sleep

www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml#part_145336



Panic Disorder symptoms include:

- ▶ Sudden and repeated panic attacks of intense fear
- ▶ Palpitations, a pounding heart, rapid heart rate, sweating, SOB
- ▶ Feelings of being out of control during the attack
- ▶ Intense worries
- ▶ Fear of impending doom
- ▶ Fear or avoidance of places where panic attacks have occurred in the past



Social Anxiety Disorder symptoms include:

People with social anxiety disorder or social phobia have a noticeable fear of social or performance situations in which one can anticipate feelings of embarrassed, judged, rejected, or fearful of offending others

- ▶ Feeling anxious about being with other people
- ▶ Feeling self-conscious in front of other people and worried about feeling humiliated, embarrassed, or rejected
- ▶ Being afraid that other people will judge them
- ▶ Worrying for days or weeks before an event where other people will be
- ▶ Isolating oneself
- ▶ Has a hard time making friends
- ▶ Flushed, perspiring, or trembling around others
- ▶ Feeling nauseous around others



Risk Factors

- ▶ Behavioral self-consciousness, in childhood and sometimes in adulthood
- ▶ Being female
- ▶ Having few resources
- ▶ Exposure to stressful life events in childhood and adulthood
- ▶ Anxiety disorders in close biological relatives



Treatment

Anxiety disorders are generally treated with psychotherapy, medication, or both.

- ▶ Psychotherapy is considered talk therapy. This can be directed to the specific needs and specific anxieties of an individual. It would be tailored to a typical “side effect” of psychotherapy is temporary discomfort involved with thinking about confronting feared situations, like, family situations.
 - ▶ Cognitive Behavioral Therapy (CBT) is a type of psychotherapy
 - ▶ can teach different ways of thinking, behaving, and reacting to anxious situations.
 - ▶ Can teaches social skills
 - ▶ Learning how to deal differently with specific situations



Treatment

Medications can help relieve symptoms.

- ▶ Medication can only be prescribed by a medical doctor (such as a psychiatrist or a primary care provider)
 - ▶ can be used as the initial treatment of an anxiety disorder, or are used only if there is insufficient response to a course of psychotherapy.
- ▶ In research studies, combination treatments of psychotherapy and medication have had better outcomes than single treatment of psychotherapy or medication alone.



How can we manage symptoms

- ▶ **Meditation**
 - ▶ can help people calm themselves and may enrich the effects of therapy.
- ▶ **Aerobic exercise**
 - ▶ has a calming effect, although currently, the quality of the studies is not strong enough to support its use as a confirmed treatment.
- ▶ **Avoid certain substances**
 - ▶ caffeine, certain illicit drugs, and even some over-the-counter cold medications can aggravate symptoms.
- ▶ **Family**
 - ▶ People needs to be supportive in the recovery of a person with an anxiety disorder



Resources

- ▶ In closing, people dx with anxiety and an anxiety disorder should not feel embarrassed or ashamed
- ▶ If you or a loved one is suffering from one of these disorders help is available, do not be uncomfortable, ask for help at your next office visit at Pine Street Family Practice.
- ▶ On line information is also available at:
https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml#part_145353
- ▶ <https://www.nami.org/learn-more/mental-health-conditions/anxiety-disorders>

