

What is an Anxiety Disorder?

Anxiety disorders come in a variety of different forms, but, generally, they all have similar symptoms. The most common symptoms are a phobia or nervous condition that can keep a usually healthy and happy person from pursuing a normal lifestyle. Anxiety disorders can either come about suddenly or may slowly get worse over a number of years before becoming disabling to the sufferer.

Some of the disorders that fall under this category include:

- ? Panic attacks,
- ? Agoraphobia,
- ? Social phobia,
- ? Specific phobias or fears of certain things that are harmless,
- ? Generalized anxiety disorders
- ? Obsessive compulsive disorder,
- ? Post traumatic disorders

All anxiety disorders keep sufferers from leading normal productive lives, and in chronic cases can disable the sufferer completely. Anxiety disorders can either begin at an early age or be triggered by a specific event in the sufferer's life. An anxiety attack is likely to take place when the sufferer is under a lot of stress.

There are a few different therapies that can be used to reduce the effects of an anxiety disorder. Medications for chronic sufferers can be anti-depressants, benzodiazepines and Quetiapine. There are also natural drug free therapies that can be used alone or with pharmaceutical drugs. These therapies include counseling and behavioral modification therapies.

There are also support groups available. These can be very effective when coping with an anxiety disorder. A group environment will help a sufferer feel that they are not alone and provide the opportunity to share their ups and downs with other people that are going through the same type of illness.

When a person believes they may be suffering from an anxiety disorder, they should see a doctor immediately. A doctor will be able to discuss the symptoms with the patient and decide on the best treatment for the individual.

Some medications used for treating anxiety disorders can have side effects. A doctor will usually discuss these effects with the patient before beginning medication. If a patient experiences any reactions, they should discuss them with their doctor before stopping medication.

If a doctor has prescribed medication for the condition, it is important that the patient continues taking the drug for as long as the doctor deems it necessary. In many cases anxiety disorder drugs can cause reactions if they are stopped suddenly.

After an anxiety disorder has been diagnosed, a patient will often visit a mental health professional. A mental health professional should be someone the patient feels they can trust and be comfortable with. With the help of medication and therapy, many patients make a full recovery and live a normal life.

Disclaimer: The information presented here should not be interpreted as or substituted for medical advice. Please talk to a qualified professional for more information about anxiety disorders.

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About the Author

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