

Anxiety Disorder

What is anxiety ?

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What is anxiety ?

- Is it stress ?
- Is it worry ?
- Is it depression ?
- Is it fear ?

What is the magnitude of the problem ?

- 40 million American adults – 18 % adults
- 24 million children and adolescents – 1/3 of <18 years of age
- During this pandemic era the number is much higher

Benefits of anxiety

- None of us would be here today if anxiety weren't all a fundamental element of human condition
- If a person perceives all anxiety as pathological, that fear of fear is contributing to the disorder

HOW ANXIETY AFFECTS THE BODY

- Release of hormone
- Dizziness and shaking
- Hyperventilation
- Increased heart rate
- Muscle tension and migraine

HOW ANXIETY AFFECTS THE BODY

- Depressed immune system
- Trouble sleeping
- Excess blood sugar and weight gain
- Sweating profusely
- Gastrointestinal distress

Release of hormones

- Fear or anxiety activate the fight or flight
- Increased level of cortisol, adrenaline and other hormone
- Those hormones can affect cardiovascular , digestive immune respiratory and central nervous systems

Dizziness and Shaking

- Rapid flow of blood causes light headedness, dizzy, unsteady or fainting
- Surge of hormones causes uncontrollable trembling and restlessness

Hyperventilating

- Anxiety causes rapid and shallow breathing
- Shallow and rapid breathing can cause worsen the anxiety
- It can trigger Asthma

Increased Heart Rate

- The Pumps blood to the muscles to prepare for fight or flight
- This can cause palpitation and chest pain
- Increased risk of hypertension, stroke and heart attack
- Kidney damage and risk of heart attack is increased (X2)

Depressed Immune System

- Brief spurts of stress can boost immune system
- Chronic stress suppresses immune system.
- As a result one gets colds, flu, other viral infections
- Increased cortisol level suppresses anti-inflammatory response

Trouble Sleeping

- Anxiety affects falling asleep staying sleep or getting restful sleep
- Anxiety can cause insomnia that also further results in cycle of insomnia
- Impairment of ability to think function socially and ability to provide high quality work

Excess blood sugar and weight gain

- When cortisol and adrenalin are released due to stress and the liver produces more glucose for energy.
- Anxiety also can increase craving for high calories fat or sugar, ice cream or chocolates.
- As a result individuals are predisposed to developing type 2 diabetes

Sweating Profusely

- Anxiety stimulates the sympathetic nervous system
- That in turn stimulates the sweat glands and cause profuse sweating
- Constriction of the blood vessels cause increased temperature and this will lead to further sweating.

Gastrointestinal Distress

- Anxiety blocks digestion and relax stomach muscles
- It can cause weight gain or weight loss
- It can cause nausea, vomiting and diarrhea
- It increases the risk of ulcers heartburn and gastric flux
- anxiety can cause what's known as irritable bowel syndrome

Anxiety disorders

- Anxiety = the state of disorder consisting of psychological and physical symptoms brought about due to Perceived threats
- can be many external like agoraphobia (wide space) social phobia and a specific phobias or internal such as in panic disorder generalized anxiety disorder and OCD (obsessive compulsive disorder)
- In each of these conditions there is a characteristic pattern of physiological and physical symptoms

Normal Anxiety

- Known problem example: exam public or speaking
- Definable
- External trade of some sort
- last short period of time
- If mild: helpful if severe: harmful

What is pathological / clinical anxiety?

- Sense of fear
- not well defined
- threat not immediate/ unknown
- maybe an internal threat
- often chronic

How to Deal with Stress

- Medical consultation
- Cognitive therapy
- Medication therapy
- Relaxation techniques, pets: Mindful Meditation
- Spiritual approach

Digital Detox

- Social anxiety political anxiety information overload
- Fear Fear Fear Fear
- Take a break from social media and turn off your phone when you want peace
- Take a 30 day break from this confusing information overload

Thank you

- Thank you !!!!