Did You Know?

**Generalize Anxiety Disorder**

The Symptoms of Anxiety:
- Unrealistic or excessive worry or fears
- Exaggerated startle reactions
- Sleep disturbances
- Ritualistic behaviors (i.e. excessive hand washing, counting things)
- Shakiness and trembling
- Racing or pounding heart
- High pulse and/or breathing rate
- Muscle aches and/or tension

GAD affects about 4 million adult Americans; about twice as many women as men.

The disorder comes on gradually and can begin across the life cycle, though the risk is highest between childhood and middle age.

It is diagnosed when someone spends at least 6 months worrying excessively about a number of everyday problems. There is evidence that genes play a modest role.

GAD rarely occurs alone, however; it is usually accompanied by another anxiety disorder, depression, or substance abuse.

GAD is commonly treated effectively with psychotherapy and medication.

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*Facts from Active Minds, the National Institute of Mental Health & the American Psychiatric Association*