



Facts on Aging & Anxiety

Symptoms of Anxiety Disorders

- Chest pain. Shortness of breath. Rapid heart rate . Dizziness.
- Unrealistic or excessive worrying. Poor concentration.
- Abdominal pain, muscle tension, trembling, muscle aches, diarrhea.
- Irritable. Feeling on edge. Fear of losing control. Fear of death.
- Easily fatigued. Difficulty with sleep.

Treatment of Anxiety Disorders

- Various medications are available by prescription through your physician.
- Seek education about your anxiety disorder.
- Supportive and behavioral talk therapies.
- Exercise regimen approved by physician.

Types of Anxiety Disorders

- Generalized Anxiety Disorder
- Obsessive-Compulsive Disorder
- Panic Disorder
- Phobias
- Post Traumatic Stress Disorder
- Seasonal Anxiety Disorder
- Social Anxiety Disorder
- Substance Abuse/Misuse Related Anxiety Disorder

Anxiety and the Older Adult:

- Anxiety is as common for the old as the young, but it may express itself differently.
- Older adults tend to report physical symptoms rather than emotional ones.
- About 5 out of every 100 adults age 65 and over have an anxiety disorder.
- Older adults are more likely than those who are younger to experience depression along with an anxiety disorder.

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