



anxiety



Diabetes, Thyroid problems, such as hyperthyroidism, Respiratory disorders, such as chronic obstructive pulmonary disease (COPD) and asthma, Drug misuse or withdrawal, Withdrawal from alcohol, anti-anxiety medications (benzodiazepines) or other medications, Chronic pain or irritable bowel syndrome, Rare tumors that produce certain fight-or-flight hormones.

► Risk factors

These factors may increase your risk of developing an anxiety disorder:

- **Trauma:** Children who endured abuse or trauma or witnessed traumatic events are at higher risk of developing an anxiety disorder at some point in life. Adults who experience a traumatic event also can develop anxiety disorders.
- **Stress due to an illness:** Having a health condition or serious illness can cause significant worry about issues such as your treatment and your future.
- **Stress buildup:** A big event or a buildup of smaller stressful life situations may



trigger excessive anxiety — for example, a death in the family, work stress or ongoing worry about finances.

- **Personality:** People with certain personality types are more prone to anxiety disorders than others.
- **Other mental health disorders:** People with other mental health disorders, such as depression, often also have an anxiety disorder.
- **Having blood relatives with an anxiety disorder:** Anxiety disorders can run in families.
- **Drugs or alcohol:** Drug or alcohol use or misuse or withdrawal can cause or worsen anxiety.



disorder (social phobia), specific phobias and separation anxiety disorder. You can have more than one anxiety disorder. Sometimes anxiety results from a medical condition that needs treatment. Whatever form of anxiety you have, treatment can help.

► **Symptoms**

Common anxiety signs and symptoms include:



Feeling nervous, restless or tense, Having a sense of impending danger, panic or doom,

Having an increased heart rate, Breathing rapidly (hyperventilation), Sweating, Trembling, Feeling weak or tired, Trouble concentrating or thinking about anything other than the present worry, Having trouble sleeping, Experiencing gastrointestinal (GI) problems, Having difficulty controlling worry, Having the urge to avoid things that trigger anxiety.

► **Medical causes**

Examples of medical problems that can be linked to anxiety include:

Heart disease,