

sign & symptoms

- 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.

Introduction

Anxiety is a normal emotion. It's your brain's way of reacting to stress and alerting you of potential danger ahead. Everyone feels anxious now and then. For example, you may worry when faced with a problem at work, before taking a test, or before making an important decision.



ANEXITY DISORDERS



GROUP C2

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Prevention

- Take care of your body by eating a well-balanced diet. Include a multivitamin
- Limit alcohol, caffeine, and sugar consumption.
- Take time out for yourself every day. Even 20 minutes of relaxation or doing something pleasurable for yourself can be restorative and decrease your overall anxiety level.
- Best to avoid activities you don't find relaxing.

Self care manegment

- Surround yourself with a network of family support and friends and seek to help
- Breathing is the key to calming the adrenal gland and feeling rested.

Treatment

1. Antidepressant drugs (SSRIs, SNRIs, TCAs and MAOIs)
2. Benzodiazepines among them are alprazolam (Xanax), clonazepam (Klonopin), chlordiazepoxide (Librium), diazepam (Valium), and lorazepam (Ativan)
3. Buspirone is a 5-HT_{1A} receptor agonist with anxiolytic activity but little sedative effect.
4. Some antiepileptic drugs (e.g. gabapentin, pregabalin, tiagabine, valproate and levetiracetam) have anxiolytic properties.
5. β -Adrenoceptor antagonists