



ANXIETY

IMPORTANT FACTS:

Approximately **20 out of every 100** adults over the **age of 65** has an anxiety disorder.

Anxiety is an unpleasant, overriding mental tension with no identifiable cause.

Anxiety **is not** a normal part of aging.

An **estimated 25%** of those with anxiety also meet the criteria for **major depression**.

Anxiety disorders in older adults are real and treatable. Talk- therapy, relaxation techniques, and anti-anxiety medications have all been found to be helpful.

The **physical impact** of chronic worry is significant and should not be taken lightly. If you have concerns about anxiety, it is **very important** to share them with your physician.

How does anxiety feel?

- Excessive, ongoing **worry and tension**.
- An **unrealistic** view of problems.
- Restlessness or a **feeling of being "edgy"**.
- Trouble **falling or staying** asleep.
- Trembling** or being easily startled.
- Trouble concentrating** or making decisions.
- The need to go to the **bathroom** frequently.
- Frequent **headaches** and **muscle tension**.
- Sweating** without previous exertion.
- A **racing heart** and increased respiration.

<http://www.webmd.com/anxiety-panic/guide>



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There are many excellent treatments for those living with chronic worry.

*Please call for **more information** or log on to the OMHAC website.*

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Please speak openly with your doctor if you are experiencing any of the symptoms listed.