

## With GAD you Worry A lot

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Everybody worries from time to time, but if your worrying extends to interrupt your daily life and cause debilitating anxiety, you may have Generalized Anxiety Disorder, or GAD. While people with GAD may start out by worrying about simple things, this disorder can easily take over a person's life and cause other medical problems. If you think that you have GAD, you should see your doctor immediately and talk about your various treatment options.

People with GAD worry about normal things like money, healthy, relationships, and jobs. It is normal to worry about these things, even on a daily basis. However, if you have GAD, you will find that this worry is constant and excessive—and in many cases, irrational. People who are diagnosed with GAD are often so distracted and consumed with worry that it is impossible to think about or do anything else. From the moment a patient awakes to the moment he or she falls asleep, worry is a part of life. Often times, the worry has no foundation.

Medical professionals do not yet know what causes GAD, so treatment and diagnosis can sometimes be difficult. There are a number of symptoms stemming from GAD which include nausea, difficulty breathing, muscle tension, headache, restlessness, fatigue, sleeping problems, a change in appetite, and sweating or hot flashes. If you are experiencing some of these symptoms and find yourself worrying often, you should see your doctor for help with what could be GAD.

Treatment for GAD begins with ruling out other anxiety disorders. Therefore, it is crucial for you to be very specific about your symptoms. Treatment that works well can then include both therapy and medication. Every person worries in a different way, so every person needs different treatment as well. You should work together with your doctor to find the best form of medical treatment for your specific GAD situations. Work with your

own body's wants and needs.

No matter why you've developed GAD, there is help. Most people suffering from GAD do not know that there can be help. If you are constantly consumed with worry, talk to your doctor immediately to find out how medical treatment can help you. From having enough money to pay for bills to getting that job promotion, you may feel as though there is always something to worry about. In a normal life, you may think about these things once or twice a day, and a doctor can help you achieve this, even if you have GAD.

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