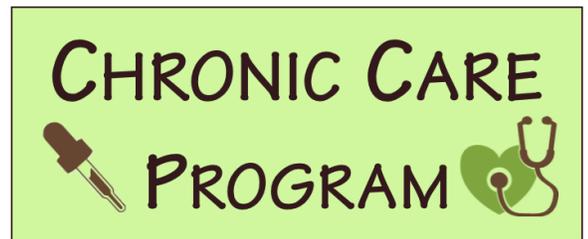


# ANXIETY DISORDERS

## at a glance



### What are anxiety disorders?

Occasional anxiety is a normal part of life, but anxiety disorders involve more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away and can get worse over time. The feelings can interfere with daily activities. There are several different types of anxiety disorders.

### Complications and Symptoms

*Generalized anxiety disorder:*

- restlessness or feeling wound-up or on edge
- being easily fatigued
- difficulty concentrating or having their minds go blank
- irritability
- sleep problems and muscle tension

*Panic disorder:*

- sudden and repeated attacks of intense fear
- feelings of being out of control during a panic attack
- intense worries about when the next attack will happen
- fear or avoidance of places where attacks have occurred before

*Social anxiety disorder:*

- feeling highly anxious about being with other people and having a hard time talking to them
- feeling very self-conscious in front of other people and worried about feeling humiliated, rejected, or fearful of offending others
- being afraid that other people will judge you
- staying away from places where there are other people



*Stress management techniques, like meditation, can help people with anxiety disorders calm themselves.*

### Risk Factors

Genetic and environmental factors are risk factors for anxiety disorders. They include:

- shyness in childhood and exposure to stressful life events in childhood and adulthood
- being female
- having few economic resources
- being divorced or widowed
- parental history of mental disorders or anxiety disorders in close biological relatives

### Prevention and Management

Anxiety disorders are usually treated with psychotherapy (also known as “talk therapy,” medication, or both. Some people with anxiety disorders might benefit from joining a support group and sharing their problems and achievements with others. Stress management techniques and meditation can also help.

**The information on this side of the handout comes from the National Institutes of Health.**

Visit [www.nimh.nih.gov](http://www.nimh.nih.gov) to learn more about anxiety disorders.



# ITHACA FREE CLINIC

## how we can help

### Chronic Care Program

Joining the Chronic Care Program gives you access to all of the services offered at the Ithaca Free Clinic. Patients are seen by appointment, instead of waiting at the walk-in clinic. Other services also available include:

- acupuncture
- chiropractic
- massage therapy
- occupational therapy
- counseling
- herbal medicine
- dietician
- energy work
- reiki
- health insurance enrollment

Here are some examples of how these services can help patients with anxiety disorders.

### Acupuncture

Acupuncture is a form of alternative medicine where thin needles are inserted into the body. Although it is often known for treating pain, acupuncture can treat or alleviate various conditions.

Acupuncture can have immediate results when used to treat anxiety. It usually takes about six to twelve treatments to appropriately address the anxiety.

### Counseling

Licensed social workers are professionals who can provide counseling to help people deal with stress, depression and reducing anxiety. Counseling can be beneficial for many health concerns. Social workers can help people with anxiety talk through issues, set goals, and develop a plan for self management.

### Nutrition

Dieticians can help patients by providing dietary counseling and helping patients to make better dietary choices. Dieticians can help individuals form eating habits that facilitate the achievement of their health goals.

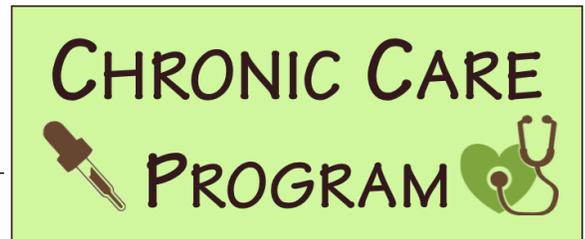
Dieticians can provide recommendations for managing emotional eating or loss of appetite.

### Herbal Medicine

Herbal medicine uses plants for their therapeutic properties. Herbal medicines can be taken in various forms, including as teas or tinctures.

Herbalists assess symptoms; take a history including medications and other relevant information; discuss symptoms that may or may not be related to anxiety such as inability to relax or insomnia; discuss day to day living and ways to improve quality of life; discuss non-herbal treatments such as exercise; look at symptoms that may not be related to anxiety such as fatigue to help evaluate overall health. Herbalists help set up a health team if not already in place; Herbalists then prepare herbal medicines that can:

1. Reduce anxiety
2. Help with sleep
3. Are relaxing and/or sedating
4. Support the nervous system



The Ithaca Free Clinic offers the Chronic Care Program, an integrative project that:

- helps patients with chronic diseases and conditions live with potential long-term health consequences
- makes each patient a part of a “care team” with multiple providers and health care professionals to help set and maintain the patient’s health care plan
- helps patients set goals and also provides support to reach those goals
- works with each patient to become and stay healthy!

**To join the Chronic Care Program,**

call (607) 330-1254

or email [ChronicCare@IthacaHealth.org](mailto:ChronicCare@IthacaHealth.org).

Learn more about the Ithaca Free Clinic at:

**[IthacaHealth.org](http://IthacaHealth.org)**

We are located at 521 West Seneca Street,  
Ithaca, New York.



*The Ithaca Free Clinic offers acupuncture services from various conditions, including anxiety.*