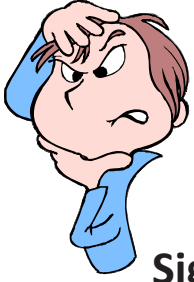


Generalized Anxiety Disorder

What is it?



- **GAD- Generalized Anxiety Disorder-** that can happen at any age, excessive uncontrollable worry about decision that you will not remember in 1 month
- **Interferes-** with performance and ability to concentrate; the frequency, duration and intensity of the worry is unfounded

Signs and Symptoms:

- **Persistent Anxiety-** exaggerated worry, tension, headaches, sweating, difficulty swallowing, jumpiness, diarrhea or GI (Gastrointestinal) discomfort, nausea, cold, clammy hands
 - **Areas of Anxiety-** family, work, money, health that interfere with daily life
- **Unable to Relax-** Fatigue, muscle tension, headaches, restlessness, feeling on the edge or keyed up, irritability, can't concentrate, difficulty falling or staying asleep, poor sleep



Facts:

- **Caused-** traumatic event or highly stressful event, research suggests that genetic factors (family history) and environmental factors may predispose a person in developing GAD
 - **Child-** loss of a parent, moving away from family and friends, psychological trauma, divorce, death of a parent, grandparent or sibling
 - **Adult-** divorce, loss of a job, changing jobs, death of someone you love
- **Women-** twice as likely to appear as in men
- **Stastics-** 4 million per year have GAD, 19 million have depression



What can I do?

- **See your Health Care Provider-** for more information
- **See RD/Registered Dietitian-** for help as needed
- **See FFF RD-** on line for help

