

GAD is generally treated with psychotherapy / medication, or both.

### 1. Psychotherapy:

A type of psychotherapy called cognitive behavioral therapy (CBT) is especially useful for treating GAD. CBT teaches a person different ways of thinking, behaving, and reacting to situations that help him / her feel less anxious and worried.

### 2. Medication:

Doctors may also prescribe medication to help treat GAD. Your doctor will prescribe the suitable medication and dose for you. Two types of medication are commonly used :

#### A- Anti-Anxiety medications:

There are different types of this group. Some might begin produce an effect right away, but it may lead to addiction if used for long period.

#### B- Anti-Depressant medications:

Although used to treat depression, but they also are helpful for GAD. They may take several weeks to start working. These medications may cause side effects such as headache, nausea, or difficulty sleeping.

*These side effect are usually not a problem for most people.*

especially if the dose starts off low and is increased slowly over time.

### Notes:

- Talk to your doctor about any side effects you may have .
- The psychiatrist has to monitor the patient on antidepressant closely, especially when they first start with medications.
- Participate in decision making in the care process to the extent you wish to participate.
- Don't give up on treatment too quickly. Both psychotherapy and medication can take some time to work.
- Avoid Caffeine and Nicotine.
- Eat Balanced and healthy diet.
- Practice exercise.
- Turn to family and friends who you trust for support.
- Make sure to get enough sleep and relaxation.
- Regular follow up with the physician or the psychologist and the continuation of the treatment is very important to overcome the problem.
- Do not treat your Anxiety with over-the-counter medicines.

[Privacy and confidentiality of your personal information will be maintained](#)

for help please call and book an appointment today

# General Anxiety Disorder



## What Is GAD?

Everyone experiences anxiety as a normal part of life. You might worry about things like health, money, or family problems. But people with generalized anxiety disorder (GAD) feel extremely worried or frightened about normal life issues, even when there is no reason to worry.

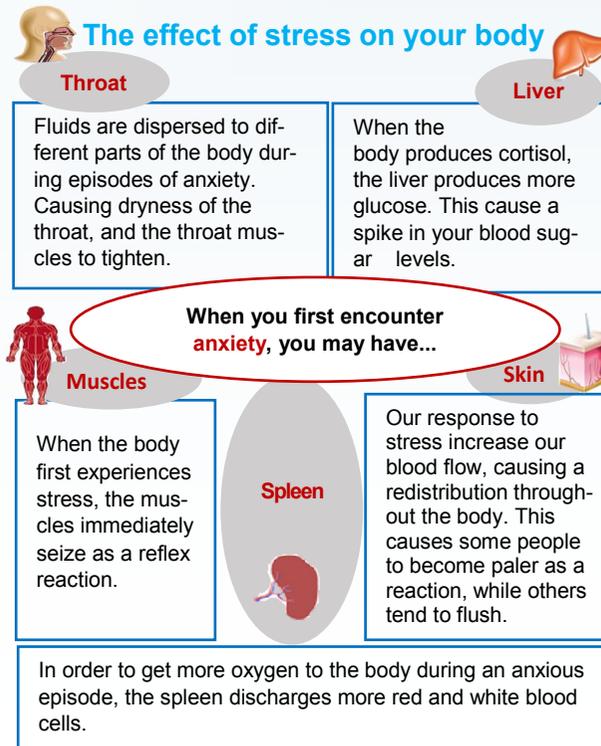
People with GAD find it difficult to control their fears, worry, and stay focused on daily tasks.

## What causes GAD?

GAD sometimes runs in families, but no one knows for sure why some family members have it while others don't. Researchers have found that several parts of the brain, as well as biological processes, play a key role in fear and anxiety.

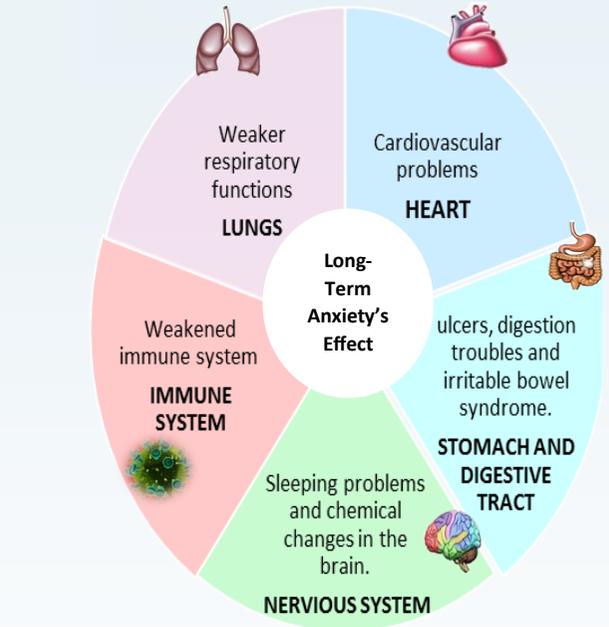
## What are the signs and symptoms of GAD?

Both children and adults with GAD may experience physical symptoms that make it hard to function and that interfere with daily life.



And once you've been dealing with anxiety for a while, it can cause other health issues.

## How is GAD treated?



1. Talk to your doctor about your symptoms.
2. Your doctor should examine you and review your medical history to make sure that an unrelated physical problem is not causing your symptoms.
3. After results are reviewed, you may be referred to psychiatrist or psychologist.