



Myths And Realities About Anxiety Disorders

Myth	Reality
Anxiety disorders are rare.	An estimated 40 million Americans suffer from anxiety disorders.
Anxiety disorders aren't real illnesses.	Anxiety disorders are real and serious medical conditions, much like physical disorders such as diabetes or heart disease. They may develop from a complex set of biological or environmental risk factors, including genetics, brain chemistry, personality, and traumatic life events.
There is only one type of anxiety disorder.	In fact, there are five types of anxiety disorders, which include: Generalized Anxiety Disorder; Obsessive-Compulsive Disorder; Panic Disorder; Posttraumatic Stress Disorder; and Phobias. The intensity of each disorder varies from person to person.
Anxiety disorders are part of one's personality and can't be changed.	Although only about one-third of those suffering from an anxiety disorder receive treatment, anxiety disorders are highly treatable with medication, therapy, or a combination of both. Talk to your health professional about the symptoms you are experiencing.
Women are affected by anxiety disorders at the same rates as men.	For four of the five anxiety disorders, women are twice as likely to be affected than men. These disorders include: Generalized Anxiety Disorder; Panic Disorder; Posttraumatic Stress Disorder; and Specific Phobias.