



Caron Sheds Light On Anxiety Symptoms In Women

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Wernersville, Pennsylvania based non-profit addiction and behavioral treatment organization Caron recently published a blog post on anxiety symptoms and how they manifest in women. Anxiety affects over 200 million people worldwide and can seriously affect one's life if not handled correctly.

"Racing heart. Sweaty palms. Struggling to focus. Feeling on edge and nervous. Believing there is something wrong or something will soon go wrong—even when things are okay. If any of this sounds familiar to you, you may be one of the 264 million people worldwide who have an anxiety disorder," the blog post says. "These are just some of the symptoms associated with anxiety disorders. Anxiety is defined by the American Psychological Association (APA) as an emotional state characterized by feelings of tension, worried thoughts and physical changes. For women today, these symptoms of anxiety are all too familiar."

Today, women experience anxiety on a regular basis. The stress of balancing work, kids, relationships, health and a social life causes many women to experience anxiety disorders, and the number of women in such situations is always increasing. Women are also twice as likely as men to develop an anxiety disorder, according to the Anxiety and Depression Association of America. The symptoms of anxiety in women include stomach problems that extend to nausea or lack of appetite, increased heart rate, lethargy or weakness, difficulty with focusing, irritability, panic, insomnia and trouble with breathing.

Often, anxiety disorders are accompanied by a substance use or alcohol problem. According to an article in the American Journal of Psychiatry, individuals with mental health issues such as anxiety disorder tend to use alcohol or substances as a form of medication, says the article. These substances seem to provide relief from the difficult and uncomfortable symptoms of mental health disorders. And while, initially, they may seem to work, most times both of the co-occurring disorders worsen.

The article also goes into detail about how to deal with alcohol use disorder (AUD) or substance use disorder (SUD) in addition to a mental health issue. According to the National Institute on Drug Abuse, over 7 million American adults have co-occurring mental health and substance use disorders. For the millions of individuals in such situations, the sooner they find help, the better. Seeking help at a treatment center like Caron ensures that they can receive the care they need from a highly qualified team of specialists with the knowledge and experience needed to treat all kinds of disorders.

Caron is internationally recognized as one of the leaders in addiction and behavioral healthcare treatment, research, prevention and medical education. With a 60 year history of clinical excellence, the organization provides expert medical, psychiatric and psychological teams through their highly credentialed, world-class physicians, behavioral health experts and addiction professionals who work full time and are always on site.

Caron's work is all about healing, the organization says. We aim to transform lives impacted by addiction and substance use through proven, comprehensive and personalized behavioral healthcare solutions. We are dedicated to delivering evidence-based, gender-specific behavioral health and addiction programming, all while treating patients and families with the respect they deserve. United by compassion for every person who comes to us for help, we advocate for patients and families through personalized treatment and financial accessibility. Above all, we strive to ease the pain of addiction by restoring health, hope, spirituality and relationships, ultimately preparing individuals and families for lifelong recovery.

A number of people have sought treatment at Caron and seen a marked improvement in their mental health. Julia from Pennsylvania shares that, Sobriety is a wonderful, beautiful thing. Life is such a gift to me today. Caron taught me how to take care of myself and how to love and be loved, free from drugs and alcohol.

Caron exists to provide treatment for a variety of disorders and issues and has set out to help people stay informed on the conditions they may be suffering from. For more information on anxiety symptoms in women, read Caron's blog post. Anyone in need of treatment is encouraged to get in touch with Caron today.

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Caron

The devoted team at Caron Treatment Centers is composed of highly regarded members within the addiction industry, who are dedicated to excellent and compassionate care.

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