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About Us

We provide:

- Evaluations
- Diagnosis and Treatment
- Medication Management
- TMS Evaluations and Treatment

Office Hours

Monday-Thursday
8:00am - 5:00pm
Friday 8:00am-12:00pm

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What is generalized anxiety disorder?

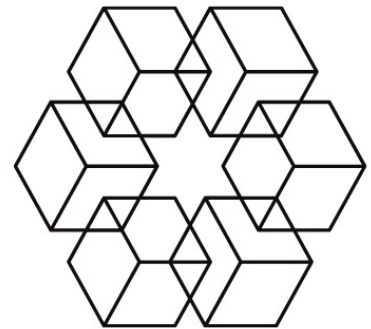
Occasional anxiety is a normal part of life. Many people may worry about things such as health, money, or family problems. But people with GAD feel extremely worried or nervous more frequently about these and other things—even when there is little or no reason to worry about them. GAD usually involves a persistent feeling of anxiety or dread that interferes with how you live your life. It is not the same as occasionally worrying about things or experiencing anxiety due to stressful life events. People living with GAD experience frequent anxiety for months, if not years. GAD develops slowly. It often starts around age 30, although it can occur in childhood. The disorder is more common in women than in men.

What are the signs and symptoms of generalized anxiety disorder?

People with GAD may:

- Worry excessively about everyday things
- Have trouble controlling their worries or feelings of nervousness
- Know that they worry much more than they should
- Feel restless and have trouble relaxing
- Have a hard time concentrating
- Startle easily
- Have trouble falling asleep or staying asleep
- Tire easily or feel tired all the time
- Have headaches, muscle aches, stomachaches, or unexplained pains
- Have a hard time swallowing
- Tremble or twitch
- Feel irritable or “on edge”
- Sweat a lot, feel lightheaded, or feel out of breath
- Have to go to the bathroom frequently

Both children and adults with GAD may experience physical symptoms such as pain, fatigue, or shortness of breath that make it hard to function and that interfere with daily life. Symptoms may fluctuate over time and are often worse during times of stress—for example—with a physical illness, during school exams, or during a family or relationship conflict.





How is generalized anxiety disorder treated?

A health care provider may conduct a physical exam to ensure that an unrelated physical problem is not causing your symptoms. A health care provider may refer you to a mental health professional, such as a psychiatrist, psychologist, or clinical social worker. The first step to effective treatment is to get a diagnosis, usually from a mental health professional. GAD is generally treated with psychotherapy (sometimes called “talk therapy”), medication, or both. Speak with a health care provider about the best treatment for you.

If you or someone you know is in immediate distress or is thinking about hurting themselves, call the National Suicide Prevision Lifeline at 1-800-273-TALK

Healthy Habits

Practicing a healthy lifestyle also can help combat anxiety, although this alone cannot replace treatment. Researchers have found that implementing certain healthy choices in daily life—such as reducing caffeine intake and getting enough sleep—can reduce anxiety symptoms when paired with standard care—such as psychotherapy and medication. Stress management techniques, such as exercise, mindfulness, and meditation, also can reduce anxiety symptoms and enhance the effects of psychotherapy. You can learn more about how these techniques benefit your treatment by talking with a health care provider. To learn more ways to take care of your mental health, visit www.nimh.nih.gov/mymentalhealth