

Women's Health

Living With Anxiety

(NAPSA)—Millions of women live every day with extreme fear, worry and anxiety that disrupt their daily lives.

These women may suffer from anxiety disorders: real medical conditions with symptoms of uncontrollable, irrational fear and worry.



The lives of millions of women are disrupted by anxiety.

Opening dialogues among family and friends is the theme of the 2006 calendar "Women Talk," from the Anxiety Disorders Association of America. Through real-life inspirational stories, women give hope and tips for confronting and overcoming the isolation and embarrassment associated with anxiety disorders.

More than 19 million Americans suffer from an anxiety disorder, which includes panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder, generalized anxiety disorder, social anxiety, and phobias. Women are twice as likely to be affected as men. While these disorders are highly treatable, only about one-third seek treatment. Even talking to loved ones about their anxiety can be difficult.

For information on anxiety disorders or to order the calendar, visit www.adaa.org.