

NEWS

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STUDY INDICATES THOSE WITH ANXIETY DISORDERS AT GREATER RISK FOR HEART ATTACKS

Columbus, OH— "The blood froze in my veins" or "My blood curdled" - these common figures of speech can be taken literally, according to the latest studies.

Intense fear and panic attacks can really make our blood clot and increase the risk of thrombosis or heart attack (Source: News-Medical.net/Published: Wednesday, 26-Mar-2008)

Everyone experiences anxiety from time to time - fear of failing the math test, dread of going down into the dark cellar or, in a more general sense, trepidation about what the future holds. But some people are gripped by powerful fears when confronted by quite normal everyday situations. The symptoms can be dramatic: palpitations, sweating, shaking, blind panic or fainting - even leading to death.

Coagulation tendencies could be the "missing link" that explains why anxiety patients have a statistically higher risk of dying from heart disease. Coagulation involves a thickening of the blood so that a plug can form and prevent excessive bleeding. In the case of the anxiety-disorder patients, the coagulation system goes out of balance as the coagulation tendency rises - possibly with dangerous consequences. In extreme cases the imbalance can lead to blockage of a coronary artery.

There is some good news for people with anxiety disorders. A follow-up study has produced the first evidence that coagulation activation subsides in patients who have completed successful therapy for their condition. If we want to reduce the number of heart disorders, it would make sense to improve the way anxiety disorders are diagnosed and treated.

***The Sky is Not Falling*, hosted by Mental Health America of Franklin County, focuses on Effective Treatments for Complex Anxiety Disorders.**

Date: Wednesday, June 18, 2008 / Featuring C. Alec Pollard, PhD / Columbus State Community College – Columbus State Conference Center

For more information, contact Mental Health America of Franklin County at 614-221-1441. Mental Health America is a private, not-for-profit organization established in 1956 whose mission is to promote mental health through advocacy, education and support services.

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