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Do I have Generalized Anxiety Disorder?

Worried? In this day and age, it seems like there's so much to worry about. But, when it becomes pervasive and debilitating – often without a specific cause – it may be Generalized Anxiety Disorder. Often, anxiety drugs or serotonin reuptake inhibitors (SRIs) are prescribed, but Cognitive Behavioural Therapy (CBT) has demonstrated the best results. Recognizing the signs and learning new ways to respond can do wonders.

Lying awake, staring at the ceiling? You may have heard that exercising can help you sleep better, but a recent study has shown that this benefit takes some time to develop. It takes about four months of regular exercise to see the rewards – which can make it difficult since lack of sleep makes it that much harder to drag yourself off the sofa! But, stick with it since the result is a much more restful sleep than medications can provide.

Drinking is often frowned upon as a home remedy for treating depression since alcohol acts, physiologically, as a depressant. That said, a large study out of Spain has shown that consuming 2-7 glasses of wine per week reduces the risk of developing depression. The study included over 5000 participants – none of whom had a history of depression – but it also noted that more than 7 glasses per week was associated with an increased risk of depression!

Chicken or egg? Those who suffer from depression often have a poor diet, but it's been unknown which came first: the diet or the depression. The University of Eastern Finland has now demonstrated the positive impact of a nutritious, balanced diet on both the management and prevention of depression. What did they eat? Vegetables, fruits, berries, whole-grains, poultry, fish and low-fat cheese. Added bonus? Many lost weight too!

People often don't make the connection between their lifestyle habits and the state of their health. There are both significant and subtle effects of the foods we consume and the activities we perform that can make a huge difference in the quality of our lives. Ask your pharmacist about how to stay active and healthy in body and mind.