

## Anxiety About Brain Disease

### Overview

- Anxiety about brain disease is normal.
- Too much worrying after being checked out is a problem.
- It may take a few days for your symptoms and worry to go away.
- You may need treatment for anxiety disorder if it does not go away.
- Regular physical and cognitive exercise may help.

### Brain Disease

Brain diseases can be dangerous, like tumors or stroke. They can also be safe, like migraine or ADHD.

Many people are concerned about brain diseases like Alzheimer's, Parkinson's, or stroke.

Sometimes, new physical symptoms are due to brain disease. Most often, they are not.

Neurologists specialize in diagnosing and treating brain diseases.

Psychiatrists specialize in diagnosing and treating conditions of thought like depression, obsessive-compulsive disease, and anxiety disorder.

### The Mind-Body Connection

Your brain and your body are connected. Also, your immune system and hormones are controlled by your brain.

Common physical symptoms include:

- Pain or headache
- Weakness
- Tremor
- Memory difficulty
- Sick stomach or nausea
- Twitches

### Checking for Brain Disease

- A thorough neurological interview and examination is most important.
- If the neurologist suspects possible brain disease, there may additional tests.

### Causes of Anxiety About Brain Disease

- It is normal to be concerned about your health
- Brain disease can be scary
- We have all heard horrible stories about people with brain disease
- More people fear Alzheimer's disease than cancer
- You may have a relative or neighbor with a serious brain disease

### Why You Do Not Need to Worry

- A neurologist's exam is very sensitive for brain disease.
- Serious brain disease causes problems that the neurologist can detect. If there is suspicion of disease, then additional tests will be ordered.
- You have an address for follow-up, in case there are new symptoms.

### Treating Anxiety About Brain Disease

- Usually your anxiety will go away on its own. It may take a few days.
- If anxiety and fear persistent OR if you experience panic, you may have an anxiety disorder such as generalized anxiety disorder or panic disorder. Referral to a psychiatrist for diagnosis and treatment may be important.

### Healthy Brain Care

- Regular physical exercise releases chemicals that are good for the brain.
- Meditation, mindfulness, and stress-reduction can help.