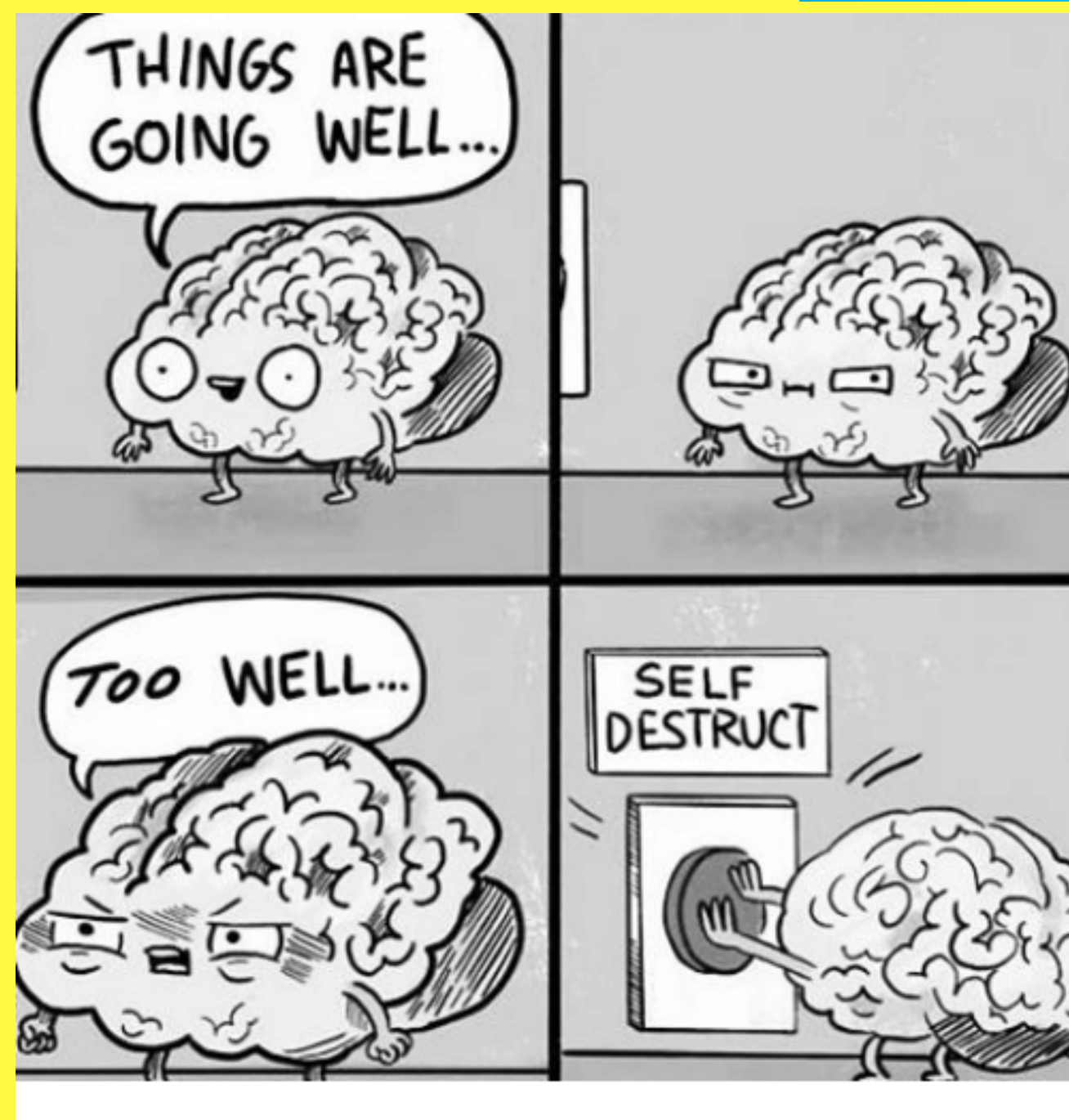




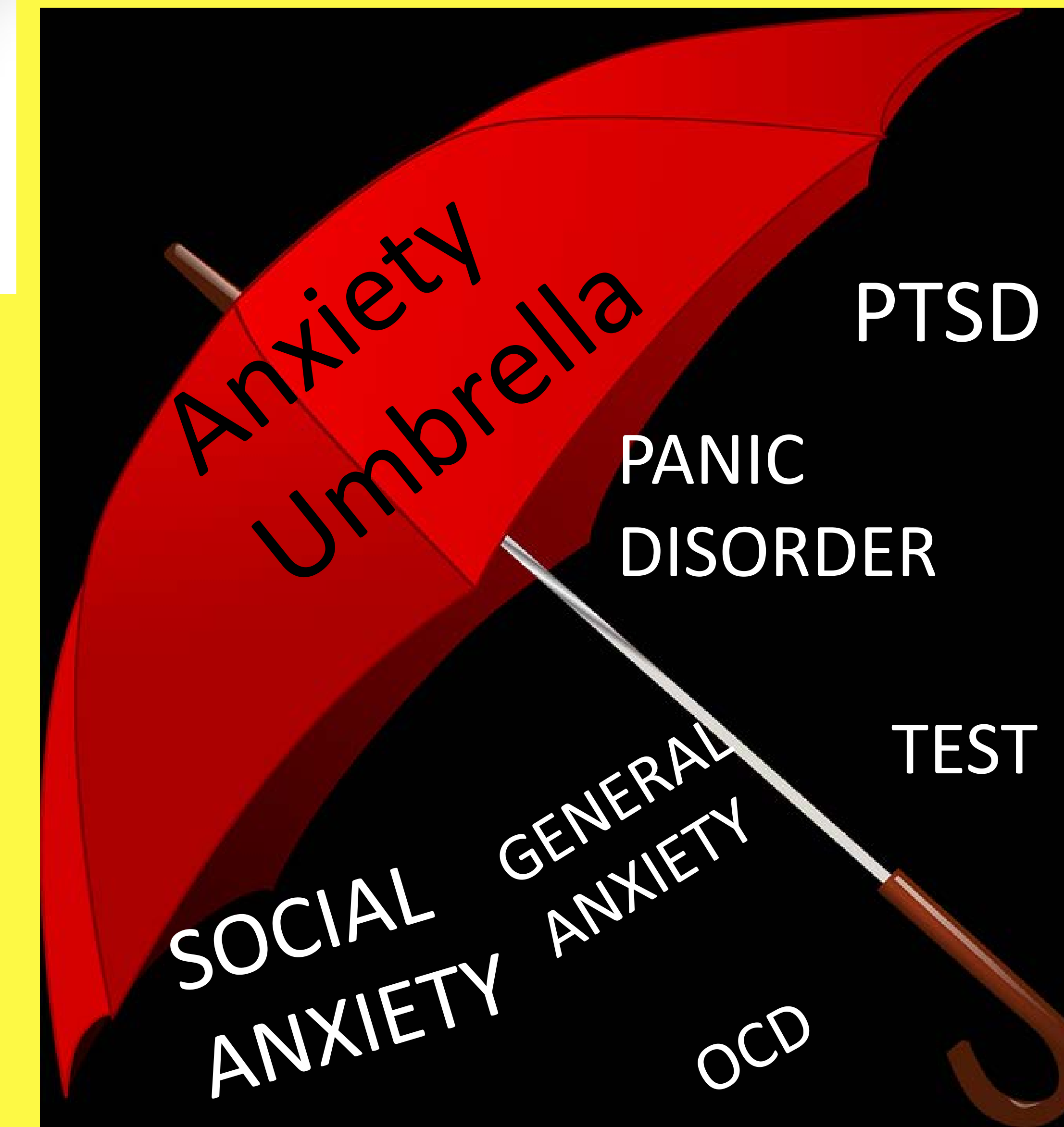
ANXIETY

Do You Have Symptoms of Social Anxiety Disorder?

- Over Thinking
- Irrational fear of social interactions
- Trembling
- Rapid Speech
- Stuttering
- Sweating
- Blushing/temperature rise
- Increased heart rate
- Palpitations



Abstract: Our brain is capable of conducting millions of electrical signals that assist our body in every day functions. It triggers movements, thoughts, and helps us with our personality/identity. Anxiety victims, mild or chronic, feel that anxiety is just who they are. Our focus is social anxiety disorder, or social phobia. It's important to understand that although this person just seems "nervous" to speak in public like everyone else, is not just that. What they're going through on the inside is a lot more technical. Involving certain structures of the brain, chemical neurotransmitters igniting our emotions in public, and our body's response, social anxiety is widely misunderstood. Although there are medications uses such as MAOI's, SSRI's, and COMT inhibitors, the best known long-term treatment for victims of social anxiety is Cognitive Behavioral Therapy. We can actually form new patterns and paths in our brains which can aid in the treatment of social anxiety.

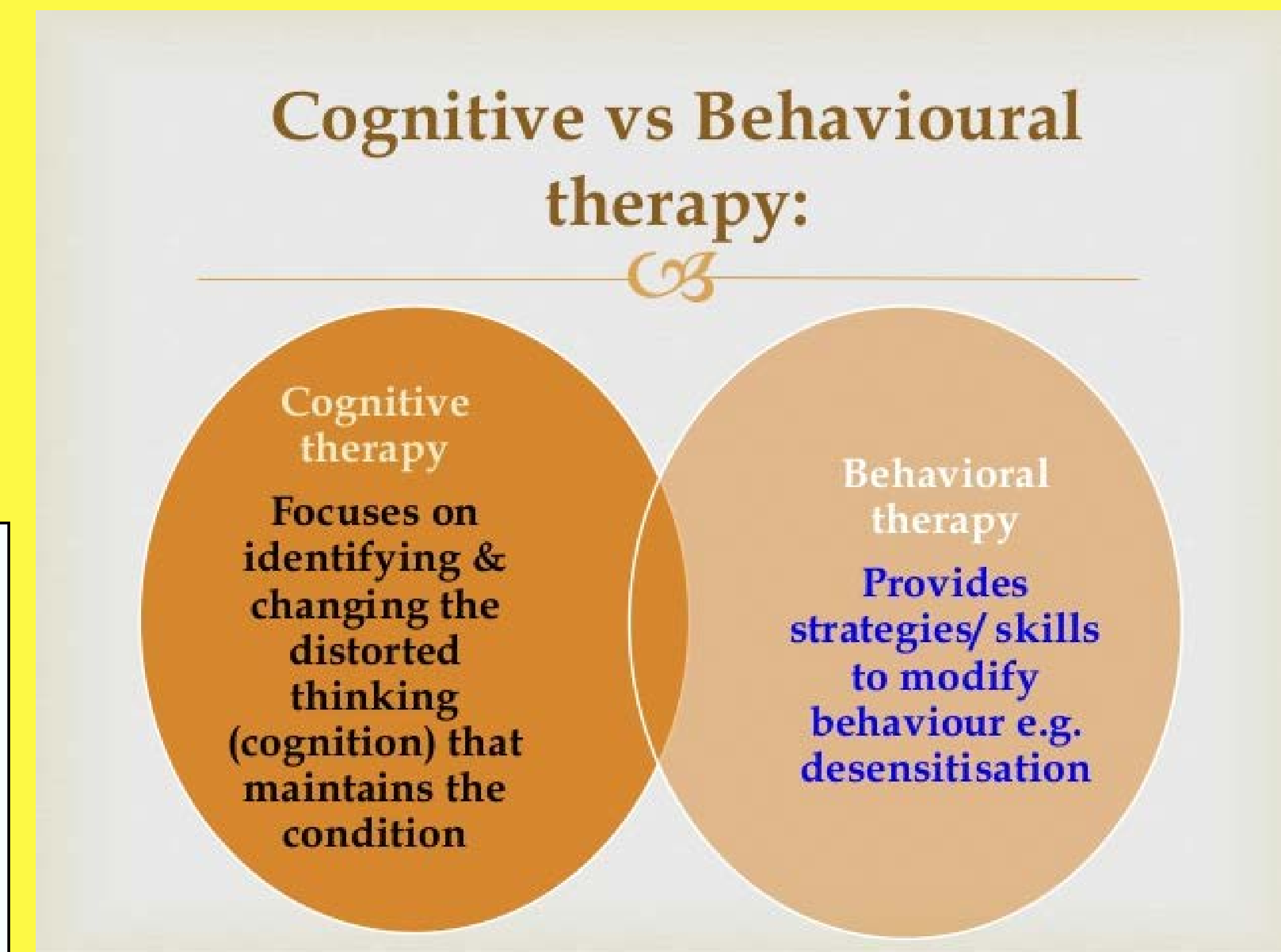
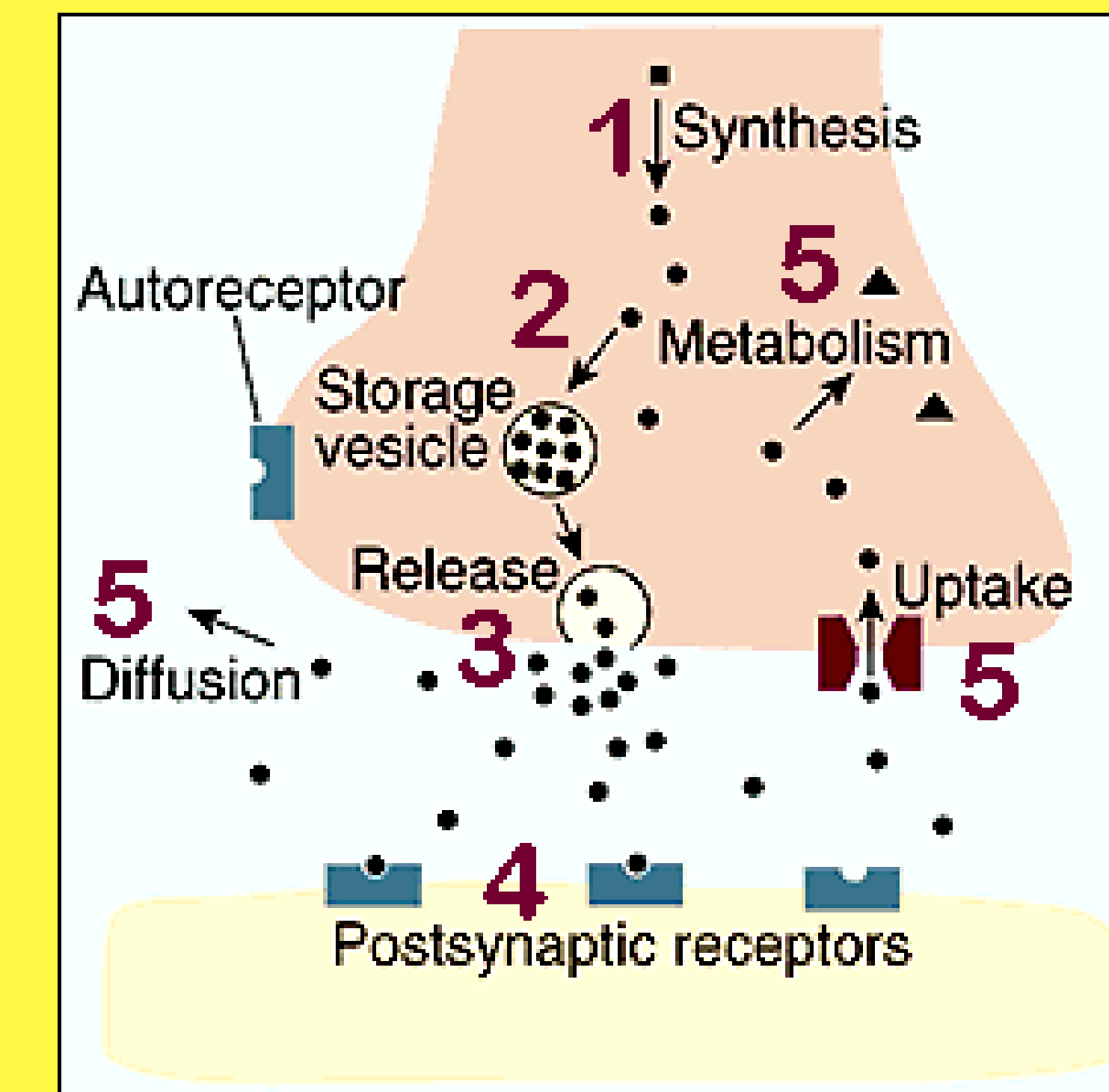
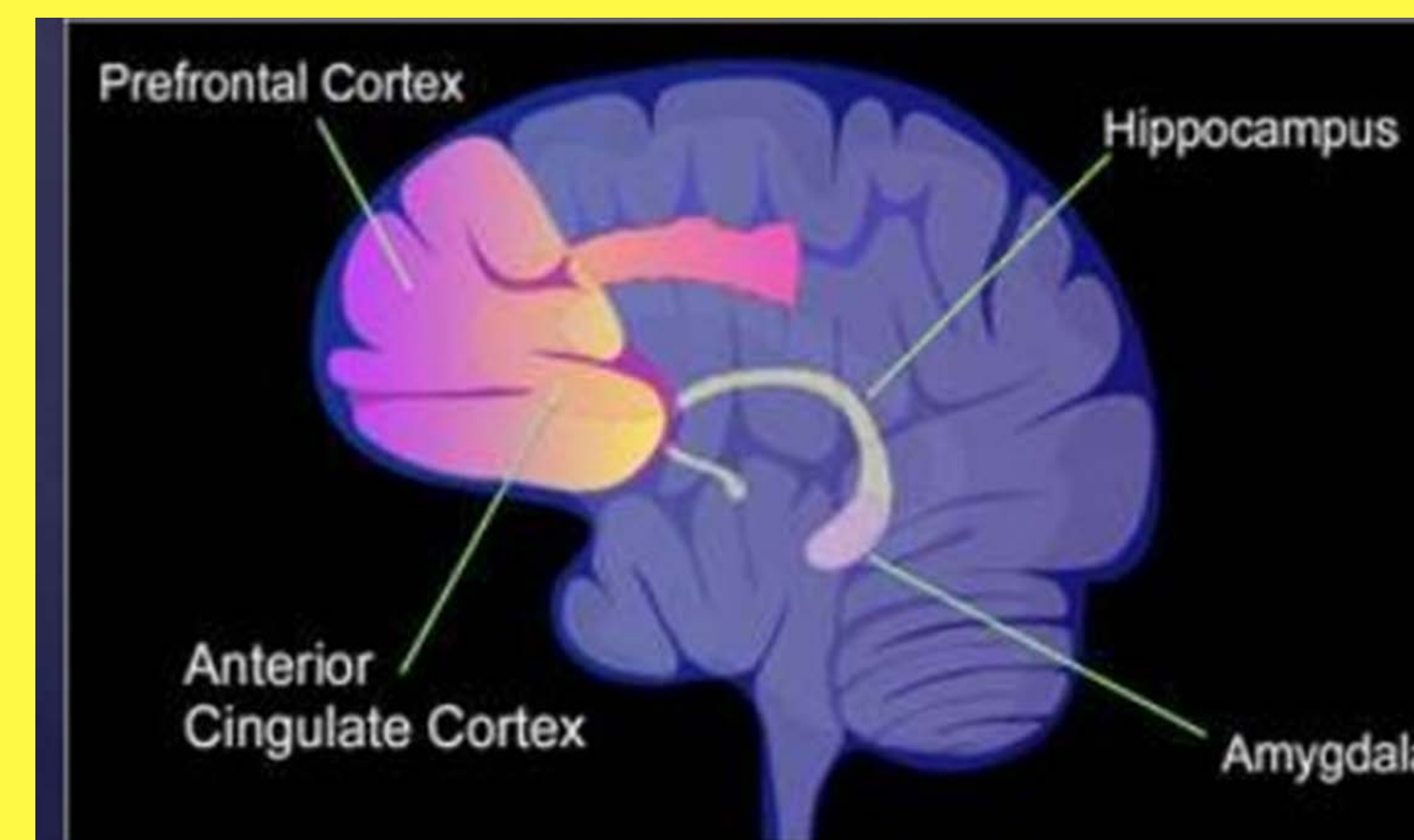


Where is our problem stemming from?

- Is there a lack of associated neurotransmitters not causing an Action potential= no response from our brain?
- Is there an inability to reuptake dopamine and serotonin also altering the response?
- Or is there not enough receptors to on the postsynaptic neuron?

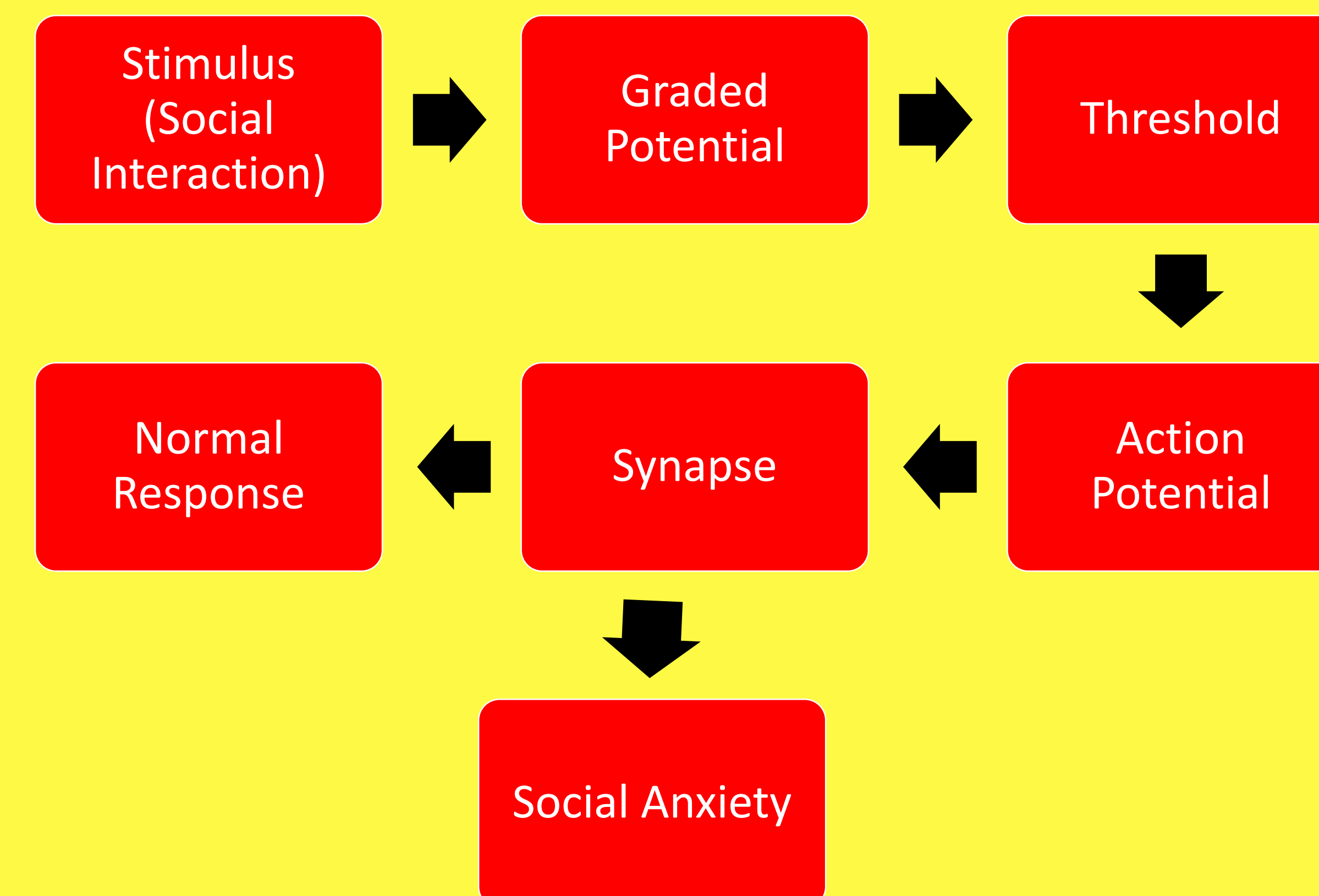
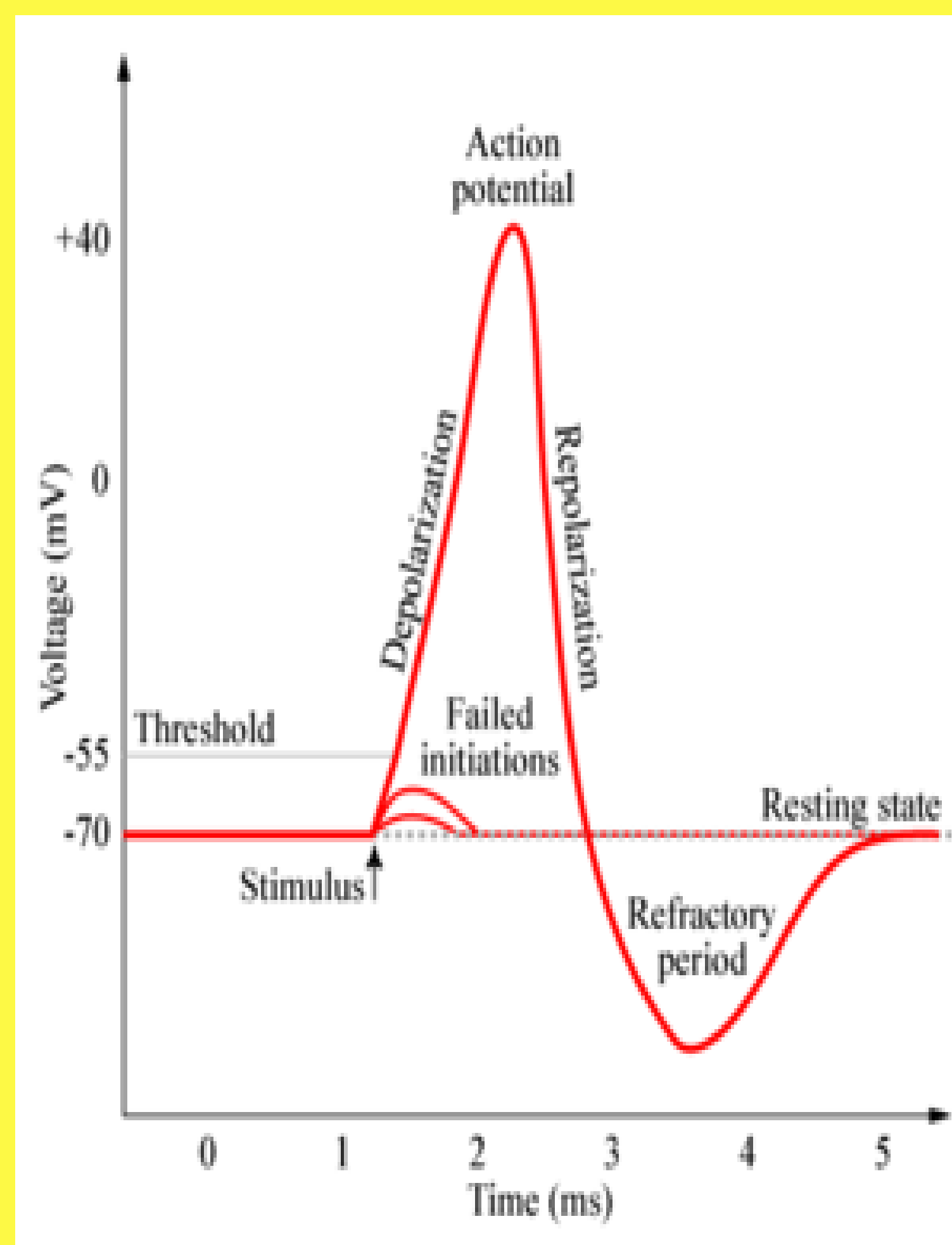
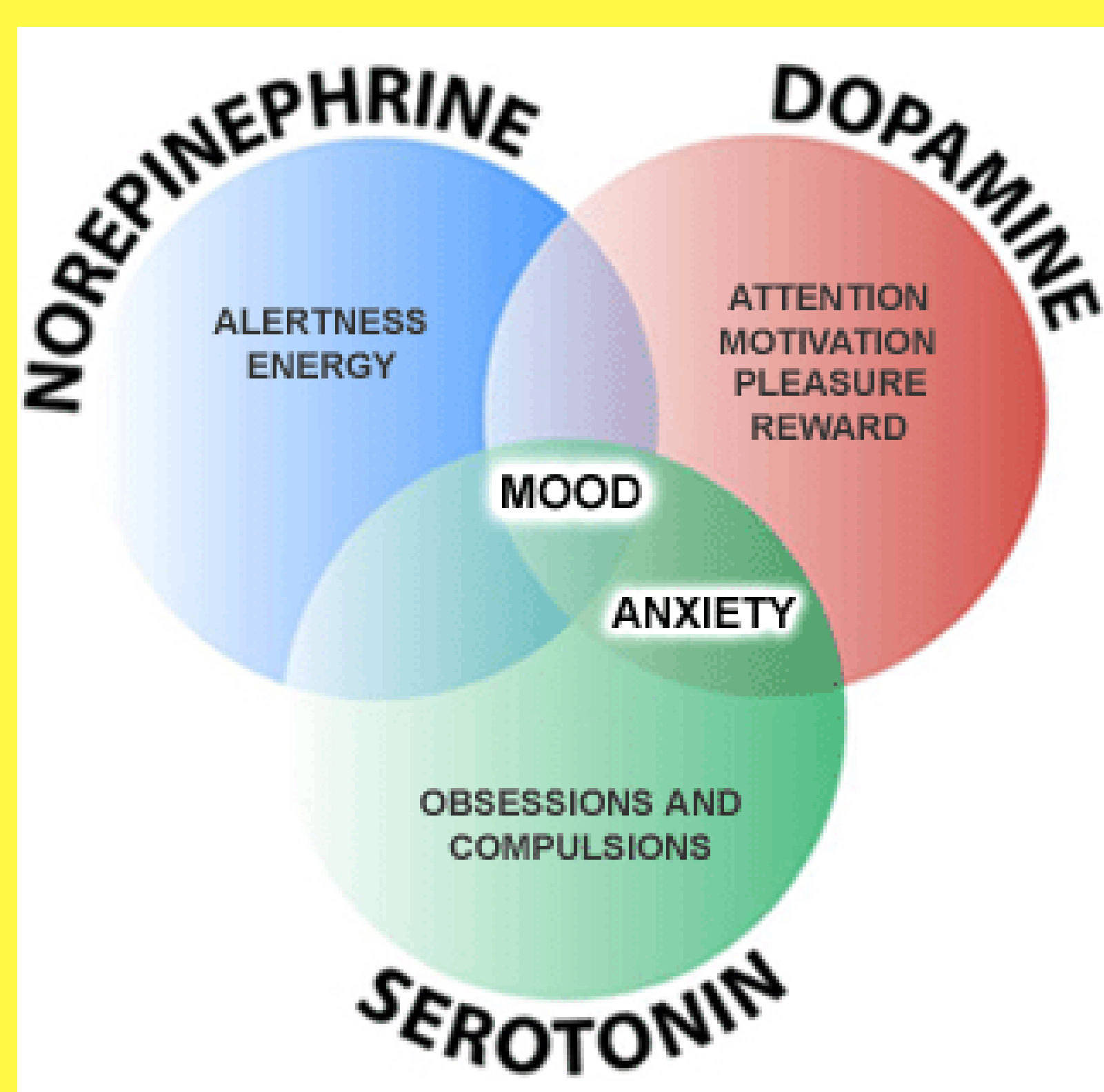
Associated brain structures:

- Amygdala
- Hippocampus
- Prefrontal Cortex
- Anterior Cingulate Cortex



Main Chemicals Involved with SAD and their release/uptake into the body

- Dopamine
- Serotonin



Treatments:

- Monoamine Oxidase Inhibitors (MAOI)
- Catechol-o-methyltransferase inhibitors (COMTi)
- Selective Serotonin Reuptake Inhibitors (SSRI)
- Cognitive Behavior Therapy (CBT)

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