**Five Facts About Health Anxiety**

Overcoming health anxiety, as well as all types of anxiety, is accomplished much more efficiently by people who learn as much as they can about their condition. Our fast-paced world has made this a rapidly growing concern for many. And the earlier you start learning the best way for you to handle, the less likely you are to develop a severe problem. The following facts will get you started.

1. Between 4% and 20% of all Americans suffer from health anxiety.

2. This, like all anxiety disorders, often occurs in people who already have an anxiety disorder. People with agoraphobia or social anxiety, for instance, are more likely to develop other forms of anxiety disorders, including health anxiety.

3. More women suffer from anxiety than men. This fact is most likely untrue simply because men are less likely to discuss the condition with their doctor.

4. Cyberchondria is the coined phrase for people who search the internet to investigate their symptoms. This seldom works because the person frequently searches until he or she finds the answer he fears.

The best way for you to find additional information on health anxiety or any other anxiety issue is to visit your local library. Read the medical journals and published articles you can find.

And, a natural technique to stop anxiety and panic attacks can be found on my site. Click here [http://healthyleft.com/] to find out the most powerful method for eliminating panic attacks and general anxiety without the use of medication.