



# Preoperative Uneasiness and Require for Bolster-a Subjective Examination in 1000 Patients

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## INTRODUCTION

In today's fast-paced and demanding world, anxiety has become an increasingly common mental health concern. It affects millions of individuals, irrespective of age, gender, or background. While anxiety itself can be debilitating, it is essential to recognize that it also brings along a host of side effects that can significantly impact a person's overall well-being. This article delves into the realm of anxiety, shedding light on the various side effects it can produce and emphasizing the importance of addressing these effects for a healthier life. Anxiety is a natural response to stress, perceived threats, or unfamiliar situations. In moderation, it can even be beneficial, enabling individuals to stay alert and respond appropriately to challenges. However, when anxiety becomes chronic, disproportionate, or begins to interfere with daily life, it transforms into an anxiety disorder. The constant state of heightened arousal in individuals with anxiety can lead to increased heart rate, palpitations, and high blood pressure [1-3]. Over time, this may contribute to the development of cardiovascular problems. Anxiety can disrupt the digestive system, resulting in symptoms such as stomach-aches, diarrhoea, bloating, and Irritable Bowel Syndrome (IBS). Chronic gastrointestinal issues can significantly impact one's quality of life. Anxiety often leads to sleep disturbances, such as insomnia or restless sleep. Lack of adequate sleep can further exacerbate anxiety symptoms and impair cognitive function and overall well-being.

## DESCRIPTION

Anxiety and depression are closely intertwined. The constant worry, fear, and stress associated with anxiety can eventually lead to a sense of hopelessness, sadness, and loss of interest in previously enjoyed activities-marking the onset of depression. Anxiety can interfere with cognitive processes, including concentration, memory, and decision-making. This can hinder

academic or professional performance, leading to increased stress and a vicious cycle of anxiety. Anxiety can induce a sense of self-consciousness, making social interactions challenging. Individuals may experience fear of judgment or criticism, leading to withdrawal and social isolation. Loneliness and lack of social support can further intensify anxiety symptoms. Some individuals turn to substances like alcohol or drugs as a means to cope with their anxiety. Substance abuse not only fails to address the underlying issue but also creates additional problems, worsening both physical and mental health. Anxiety can make it challenging to express one's feelings and needs clearly, leading to misunderstandings and conflicts within relationships [4,5]. This breakdown in communication can erode trust and intimacy over time. Individuals with anxiety may become overly reliant on their partners, friends, or family members for reassurance and support. This can create a co-dependent dynamic, putting a burden on both parties involved. Anxiety can trigger avoidance behaviour, causing individuals to withdraw from social situations or cancel plans at the last minute.

## CONCLUSION

Anxiety is a complex mental health condition that extends beyond its primary symptoms. The side effects of anxiety can permeate various aspects of life, affecting physical health, emotional well-being, relationships, and professional pursuits. Recognizing and addressing these side effects is crucial for comprehensive anxiety management and overall well-being. If you or someone you know is struggling with anxiety, seeking professional help from mental health experts is essential. Through therapy, lifestyle adjustments, and support networks, individuals can develop effective coping mechanisms to manage anxiety and mitigate its side effects. Remember, it is possible to regain control and lead a fulfilling life, even in the face of anxiety.

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## CONFLICT OF INTEREST

The authors declare no conflict of interest.

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