



Phobias are irrational fears that lead people to avoid specific things or situations that can cause intense anxiety. There are many different kinds of phobias. Some common phobias include fear of public speaking, closed-in space and blood.

Anyone can develop phobias, even children.

SIGNS AND SYMPTOMS

- Sweating
- Racing heart
- Trembling

DIAGNOSIS

The person has extreme anxiety with the object or situation; recognizes that the fear is excessive or unreasonable; and finds that normal routines, social activities, or relationships are significantly impaired because of these fears.

TREATMENT

Therapy has the best track record for helping people overcome most phobic disorders. The goals of therapy are to desensitize a person to what they fear or to teach a person how to recognize, relax, and cope with anxious thoughts and feelings.

Medications can also help relieve symptoms. Sometimes therapy and medication are combined to treat phobias. Speak with your primary care provider or behavioral health provider if you have the above symptoms or any other concerns.

SELF-HELP TIPS

- When you are anxious, remind yourself that you aren't really in danger.
- Try slow, deep breathing and muscle relaxation.
- Limit or avoid alcohol and caffeine.
- Join a support group.

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.



恐懼症患者對於某些可能引起焦慮的特定事物或環境有過度或不合理的害怕，並會避開這些事物。恐懼症有許多不同的種類，一些常見的恐懼包括害怕公眾演講、密封環境和血液。

任何人，甚至兒童，都有可能患上恐懼症。

徵兆和症狀

- 出汗
- 心跳加速
- 渾身發抖

診斷

一個人對某些事物或環境極度焦慮，明白到這種恐懼是過度或不合理的，而且感到這些焦慮嚴重影響正常生活、社交活動或人際關係。

治療

心理療法是幫助病人克服大部份恐懼症的最好方法。治療的目標是減低病人對他們害怕的事物的敏感程度，或教導他們如何認清、放鬆和應付焦慮的想法和感受。

藥物也可以幫助緩解症狀，有時需要通過治療和藥物相結合來克服恐懼症。如果您有以上症狀或任何其他疑問，請告訴您的主診醫生或心理醫生。

自助心得

- 當您感到焦慮時，提醒自己您並不是真的處於危險之中
- 嘗試緩慢地深呼吸和放鬆肌肉
- 盡量減少或避免喝酒和含有咖啡因的飲品
- 參加一些支援恐懼症患者的小組

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。