

## MEDICAL CONDITIONS ASSOCIATED WITH ANXIETY/DEPRESSION

ILLNESS	SYSTEM	SYMPTOMS
Sleep Apnea	Pulmonary	Startled awakening with gasping, headache, tachycardia, poor concentration
Sinusitis	Ear, nose, throat	Headache, malaise, blurred vision, dizziness, head feels full, eye pain, fever, and chills
Orthostatic Hypotension	Blood pressure	Dizziness upon standing, feeling faint or fainting, rapid pulse, weakness, light-headedness
Multiple Sclerosis	Neurological	Weakness, visual disturbances, depression and anxiety, symptoms worsen with excessive heat, impaired judgment, poor concentration, weakness and tingling in limbs, vertigo
Cardiovascular		Feeling faint or faint-disorders, dizziness, palpitations, tachycardia, shortness of breath, chest pain, light-headedness, weakness, fatigue, anxiety
Chronic Fatigue Syndrome	Viral	Inability to concentrate, memory impairment, dizziness, weakness, extreme fatigue, heart palpitations, shortness of breath, visual disturbances, exercise worsens symptoms, memory impairment
Lyme Disease	Bacterial	Malaise, memory impairment, vomiting, nausea, palpitations, headache, stiff neck, mild cardiac abnormalities, panic attacks, obsessive-compulsive behaviors
Meniere's Syndrome	Neurological	Severe dizziness, nausea, vomiting, heavy sweating, rapid eye oscillation, fainting, panic attacks
Menopause	Hormonal	Dizziness, hot flashes, anxiety, sleeplessness, irritability, forgetfulness, fatigue, vague bodily sensations
Adrenal Insufficiency (Addison's Disease)	Endocrine	Weakness, fatigue, dizziness, fainting, nausea, vomiting, shortness of breath, palpitations, weight loss, loss of appetite
Migraine	Head/Vascular	Excessive sweating, nausea, vomiting, visual disturbances, numbing and tingling of the extremities, photophobia, slowed thinking, head pain
Diabetes Mellitus	Endocrine	Excessive thirst, dizziness, rapid pulse, weakness, fatigue, blurred vision, poor coordination, poor concentration, light-headedness, fainting, panic attacks
Hyperthyroidism	Endocrine	Diarrhea, headaches, weakness, palpitations, tremors, panic attacks, excessive perspiration, shortness of breath