

Medical Management of Anxiety

Medications - the following medications work well and have limited Interactions with other Parkinson's specific medications. Please always consult with your Parkinson's specialist before starting a new medication.

- Prozac (Fluoxetine)
- Zoloft (Sertraline)
- Paxil (Paroxetine)
- Celexa (Citalopram)
- Lexapro (Escitalopram)
- Valium (diazepam)
- Ativan (Lorazepam)
- Klonopin (clonazepam)
- Xanax (Alprazolam)

Therapy - finding a trained professional to talk to who is an expert in treating anxiety will be vital to managing and treating your anxiety symptoms. Always remember that it is okay if you go through a few therapists before settling on one that you feel is a good fit for you and your needs. Other therapies such as massage, acupuncture, aromatherapy, and music therapy may also be helpful in decreasing anxiety symptoms.