**1-103 Anxiety in the elderly**

**TIPS Question:**

Recently, as I've been out talking to groups about the various manifestations and presentations of anxiety in the elderly, I have been asked on several occasions about the relationship between anxiety and hormones and hormone replacement therapy. I would appreciate any information on this or leads to other sources of info on this area. Thanks!

**Response:**

Anxiety in the elderly is not a common disorder by itself. Epidemiologic Catchment Area (ECA) study indicates that the prevalence for anxiety disorders is lower for both men and women in the over-65 group than for younger age groups. However anxiety symptoms as part of depression are more common in the elderly. Perhaps women are more likely than men to exhibit anxiety symptoms for which hormone replacement therapy may be used with some effects on the physiologic and emotional symptoms. Psychotropics are more likely to be prescribed than hormonal therapy. Yet, relatively few systematic data are available concerning the potential clinical relevance or possible treatment implications of gender differences in the treatment of women with anxiety disorders.

Reference: J.Clinical Psychiatry 1999;60 Suppl 18:4-15

***Please note:*** *TIPS information should be used similar to the way you would use information from a text book! TIPS is not intended to serve as an individual consultation service! P.I.E.C.E.S. participants should use this information in context and always work closely with the family physician involved in the care of the resident or client and with other Partners In Care to find solutions to individual resident/client issues.*