

# [Obsessive compulsive disorder](https://assignbuster.com/obsessive-compulsive-disorder-essay-samples-3/)

Quirky behavior or something more serious? Obsessive Compulsive   
Disorder or OCD affects nearly two to three percent of the U. S.

population. OCD affects both males and females, but males start to   
show signs of OCD at an earlier age, between the ages of six and   
fifteen, while in females it tends to occur later. Obsessive   
Compulsive Disorder.

OCD. http://athealth. com/athealth31. cfm? topic= 22(1 April 2000). A   
good example of OCD can be viewed in the movie As Good As It Gets.

In this movie, Jack Nicholson plays a character who uses a bar of   
soap once, then throws it away, constantly checks the locks on doors   
to make sure theyre locked before leaving. He must sit at the same   
table, in the same restaurant and have the same waitress every day.

If his routines are changed, in any way, it causes to have an anxiety   
attack. OCD. http://www. mayohealth. org/mayo/9809/htm/ocd. htm(29   
March 2000).

Just being quirky or a perfectionist doesnt mean someone   
has OCD. Because people always get things done ahead of time, or have   
weird obsessions, doesnt mean that they are Obsessive Compulsive   
it may be that they hold themselves to a higher standard of living.

Only when the behaviors begin to interfere with everyday living, is   
it considered to be OCD. OCD.

http://www. mayohealth. org/mayo/9809/htm/ocd. htm(29 March 2000).   
One of many causes of OCD is felt to be, an imbalance in   
serotonin, which is a chemical that occurs naturally in the brain and   
is believed to control the receptive behaviors. The belief is   
strengthened due to the fact that medication taken to enhance the   
action of serotonin appears to help the patients greatly. Childhood   
ailments, such as throat infections may induce OCD, also, genetic   
factors may play a role in the contraction of the disorder. A study   
done at the MAYO clinic, is that, some people have a biological   
predisposition to react strongly to stress, a reaction that for some   
reason evokes the intrusive thoughts, anxieties and ritual   
characteristics of Obsessive Compulsive Dissorder. OCD.

http://www. mayohealth. org/mayo/9809/htm/ocd. htm(29 March 200).

There are a lot of different treatments for OCD. One of which is   
Behavior therapy. Behavior therapy helps a lot of people by exposing   
them to a feared object or obsession, while not allowing the person   
to do their anxiety-reducing compulsion. An example of this would be   
making a person touch something that they considered to be   
contaminated, but not allowing them wash their hands afterwards. This   
type of treatment lasts about seven to ten weeks and has a 50 to 90   
percent chance of improving the patients behavior.   
Another form of treatment is medication, such as Paxil, Zoloft,   
Prozac, and Luvox. Paxil, or paroxetine, is prescribed for depression   
and OCD. The usual dosage is about 20 to 50 mg a day. Its   
side-effects include somnolence, agitation, tremor, anxiety, nausea,   
diarrhea, dry mouth, asthenia, vomiting, abnormal ejaculation,   
changes in libido, and sweating. Paxil.

http://adhost. com/athealth/Consumer/mcabinet/mcdis   
det. cfm? brand= paxil&cls= 0   
Prozac is an antidepressant, its generic name is fluoxetine. It   
also prescribed for the treatment of OCD and depression. The daily   
dosage is 20 mg to about 80 mg. The side-effects of this drug are the   
chills, anxiety, insomnia, drowsiness, fatigue, anorexia, nausea,   
decreased libido, abnormal ejaculation, diarrhea, dizziness and   
lightheadedness. Prozac.

http://adhost. com/athealth/Consumer/mcabinet/mcdis   
det. cfm? brand= prozac&cls= 0   
Another drug is Zoloft, Zolofts generic name is sertraline. It   
is an antidepressant that is chemically unrelated to tricyclic, or   
tetracyclic, or other available antidepressant agents. The usual   
dosage for Zoloft is about 50 mg to 200 mg every day. The most common   
side-effects are dry mouth, sweating, dizziness, tremor, nausea,   
diarrhea, insomnia, sexual dysfunction, and somnolence. Zoloft.

http://adhost. com/athealth/Consumer/mcabinet/mcdis   
det. cfm? brand= zoloft&cls= 0   
The last of the commonly prescribed drugs is Luvox, it is also   
called fluvoxamine. Its indicated for the treatment of obsessions   
and compulsions in patients with Obsessive Compulsive Disorder. Its   
also approved for OCD in children and adolescents. The daily dose   
range is 100 to 300 mg a day, and the common side-effects are nausea,   
insomnia nervousness, abnormal ejaculation, and sweating. In children   
and adolescents, the most common side-effects are agitation and   
hyperkinesia. Luvox.

http://adhost. com/athealth/Consumer/mcabinet/mcdis   
det. cfm? brand= luvox&cls= 0   
When families have to deal with loved ones with OCD, they tend   
to get angered at the fact that their loved one cannot control their   
rituals. But eventually they learn to try and help, instead of trying   
to change them. By just small praises and lowering your expectations   
for how much they change can help the person out a lot. Just by   
cutting down hand washing, as an example, by 10 minutes a day may be   
insignificant to their family, but a giant step for them.

OCD. http://www. nimh. nih. gov/publicat/ocd. htm(2 April 2000).

Not everyone with OCD has bad problems. Some people can go to a   
psychologist, talk to them and take their medication and be   
completely fine, while others have to go through a lot more   
counseling and take many prescriptions. But with enough treatment   
almost everyone with OCD can be helped, and live a happy and normal   
life. OCD. http://www. nimh. nih. gov/publicat/ocd. htm(2 April 2000).

A lot of people think they have OCD when in actuality, they are   
only doing things that seem a little weird, or out of the ordinary.

That doesnt necessarily mean that you are obsessive or compulsive.

If people check the light switches or the stove a lot to make sure   
its off before you leave, they may just be worried about or stressed   
about something else. When someone washes their hands 200 hundred   
times a day, or constantly counting things, like stripes on clothes   
or the cracks in the sidewalk, those are typical compulsions with   
obsessive people.   
Many people with OCD refuse to admit that they have it, or they   
know they do and try and to hide it from their friends and family. If   
someone has the disorder, they should get help as soon as possible.

If no steps are taken to help the people with the disorder, they will   
only get worse and worse with time. People are afraid or ashamed to   
admit that they need help, the main reason is because it is something   
that the people can not control. With out proper help, the people   
with the disorder will go on through life still not knowing how to   
handle themselves.

Obsessive Compulsive Disorder is a very serious disease, it   
isnt a very well-known topic, and people should learn more about it.

It affects a lot more people than everyone thinks, but with the   
proper treatment and counseling the people who live with OCD can   
continue to live happier and without fear or shame of the unknown.

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