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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

What Are The Symptoms Of OCD?

By Paul Graham

There is only a fine line that separates normal fears, diligence and mannerisms from the earliest signs of Obsessive Compulsive Disorder or OCD. The strength, frequency and intensity of OCD symptoms gradually increase; its because of this that parents and affected individuals themselves only recognize OCD symptoms as they are when its already too late.

People must also know the difference between OCD and OCPD because it makes advance awareness of OCD symptoms unnecessary; people diagnosed to have Obsessive Compulsive Personality Disorder are generally unaffected about their behaviors.

1. Common characteristics of people with OCD

People showing OCD symptoms are bothered not only of what theyre doing, but also at the intensity of their actions. They also display secondary avoidance behavior, or make habitual actions they believe will help them avoid the source of their OCD.

2. Types of OCD symptoms

Dirt and Contamination

When people are obsessed at avoiding being dirty or contaminated, they frequently wash their hands and feet, clean and bathe their bodies. They do not feel comfortable about bodily waste and urinating because these procedures are often disgusting to look at or experience. They also feel extremely and unreasonably anxious about contracting dreadful illnesses on almost any setting.

Order and Symmetry

These people always want to live in extremely neat surroundings. While theyre not that obsessed about getting sick from dirt, they do care very much about their appearances. They always want to look and feel clean. They are perfectionists when it comes to ordering and aligning objects. They can spend hours just to obtain the precise positioning of their things.

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Keeping Things

People diagnosed to have OCD symptoms about saving things for future use are incapable of throwing any object, even a piece of candy wrapper, in fear of throwing something that could prove useful or necessary in the future. These people are uncaring about the neatness of their surroundings or the order of their possessions. All they care to do is stash everything they can. People suffering from this particular OCD may also be meticulous about that object goes where.

Sexual Matters

These people are usually highly uncomfortable about their sexuality. There may be psychological reasons behind this, but nevertheless, their discomfort leads them to display several OCD symptoms when they are confronted with any situation that appears highly sexual in their minds. Thus, they are

very fearful of being accused of having any malicious sexual intent to any other individual, especially children and innocents, even if they have no desire to do so. They will also display extra-conservative attitudes on many things, even on subjects that have no sexual connotations at all.

Symptoms on Habits

A person may develop OCD symptoms on certain habits or actions for no reason at all. When this happens, they become obsessed at performing these tasks over and over. It could be something as silly as repeating questions several times or counting money repeatedly before handing it over.

Food and Weight

In most cases, people have OCD symptoms about how much they're gaining and not on losing. It's why these people can drive others crazy on their behavior towards eating. They may wish, for instance, to know the exact calorie and cholesterol content of every dish before they allow themselves to eat. Even though they're considered slim by most standards, they still feel fat and ungainly. For this reason, people with OCD symptoms on food and weight may also suffer from eating disorders like anorexia nervosa and bulimia.

Religion and Morality

Some zealous individuals have OCD symptoms when it comes to living according to their religion's dogma. They have very definite opinions on all issues of morality; they are obsessed about always being in the right, and never in the wrong. They are also extremely distressed when they feel they've made a grave sin, or entertain any blasphemous or evil thought.

With proper therapy, affected individuals will learn to cope with OCD symptoms and accept that the disorder is there to stay until an effective cure is created. As a last note, you must keep in mind that an individual can develop OCD symptoms about anything. Hence, lists of OCD symptoms will only give you at best an idea of general areas that individuals may have OCD tendencies about.

What Are The Symptoms Of OCD?

For more great OCD related articles and resources check out

<http://eatingdisorderportal.info>

HIV Symptoms – Know The Signs, Know The Differences

By John Francis Amberden

One of the worst things that can happen to anyone is the manifestation of HIV symptoms. To most, an HIV infection is an automatic death sentence. This fear is the main reason why many people don't get tested, even though they know they are at risk. Perhaps the strongest weapon used to combat this hesitance is information. There are a lot of myths circulating out there regarding HIV symptoms and AIDS symptoms. And until these are negated, a significant proportion of adults will remain uneducated.

First of all, HIV isn't AIDS, but rather AIDS is a stage in the HIV infection. An HIV infection progresses through three main stages: acute infection, chronic infection, and then AIDS. While HIV symptoms tend to be vague, especially in the first two stages, a few key conditions are night sweats, severe weight loss and swollen lymph nodes.

There is no guarantee that a person who has been diagnosed with HIV, and is showing the classic HIV symptoms, will ever develop AIDS. In persons who do progress, the first AIDS symptoms typically become evident within 10 to 15 years of first contracting the disease. In a small percentage of individuals, the onset of all AIDS symptoms can be as short as 3 years after infection. Sadly, the initial stages of HIV often exhibit no symptoms so by the time a patient shows all AIDS symptoms, their immune system has already been compromised.

AIDS symptoms' is itself a misleading term as there is no one set of signs that can be used to make an accurate diagnosis without a blood test. That being said, there are some conditions that may point to a possible case of AIDS. They are similar to those of a stage 1 or stage 2 HIV infection but tend to be more acute. All AIDS symptoms include fatigue, swollen lymph nodes, a fever lasting more than 10 days, unexplained weight loss, purplish spots on the skin, shortness of breath, severe or chronic diarrhea, yeast infections in the mouth or vagina, easy bruising or unexplained bleeding and the most well known of all AIDS symptoms, night sweats.

It is clear that all AIDS symptoms are debilitating, but some can be explained by other conditions, such as food poisoning or even heart disease. Therefore, there is generally no reason to worry if you're just running a fever or you've been tired for the past few days. However, if you're exhibiting three or more of these symptoms, much less all AIDS symptoms or HIV symptoms, and you haven't been tested, you need to get yourself to a doctor. Even if you have none of the conditions listed and you know that you may have possibly been exposed, get tested. It's the only smart thing to have done.

John Francis Amberden is a regular article contributor on many topics. If you have found this article helpful, visit his resource sites,

<http://www.hivaidssymptoms.info>

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and

<http://www.hiv-home-testing.info>

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For information on other topics of interest, visit

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