

Panic Attacks

Panic attacks are considered an anxiety disorder. Most of us will experience one or two panic attacks in our lifetime.

What are the symptoms of a panic attack? An intense feeling of heart palpitations, sweating, shaking, nausea, and an out-of-body experience. It may last for 5 minutes, 15 minutes, or 30 minutes.

There is no event that causes this awful feeling to occur. You're just going about your everyday life - and BOOM - your heart starts pounding, you're sweating, and you begin to think that you are having a heart attack.

If you have experienced a panic attack once, or if you routinely have panic attacks, it might be interesting for you to know that 15% of the United States population is affected by anxiety disorders.

A panic attack is the single most disorder that brings a person to a medical professional. Usually, they think they are having a heart attack and they go to the emergency room. Once they are there, the symptoms have usually subsided and the medical professionals can't find anything wrong with you. Since most doctors aren't highly trained in the psychiatric field, they may never suggest that you had a panic attack.

Many people suffer from two to ten panic attacks daily. Once you've had one panic attack, you begin to worry about when you will have the next one. It's actually the anticipation of this event that professionals feel may cause the next panic attack.

Panic attacks are highly treatable. If you feel that you have this disorder, you should contact your physician and talk about your concerns.

Many physicians will administer an anti-anxiety drug. Reduction in anxiety reduces the worry about another panic attack. This may reduce or eliminate panic attacks altogether.

In addition, many panic attack sufferers benefit greatly from personal counseling. Counselors can work with clients to make them aware of body

signals at the onset of a panic attack. Clients can realize when it will occur, how long it usually occurs, and that, while it may be uncomfortable, it isn't deadly. They can develop personal tools to deal with the anxiety attacks.

Panic attacks are easily treatable today. If you or someone that you know is suffering from panic attacks, see a family physician and describe the symptoms. It may also be beneficial to see a counselor and work with them on realizing symptoms and decreasing anxiety-producing encounters.

For more information, visit these websites:

<http://www.anxietypanic.com/>

<http://www.mayoclinic.com/health/panic-attacks/DS00338>

<http://www.apa.org/topics/anxietyqanda.html>