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Panic Disorder

When Anna was studying for finals she experienced something she had never experienced before. It wasn't simply exam nerves. It was far worse. She was downstairs when her heart began pounding uncontrollably and breathing became impossible. She felt she was dying and was forced to beg her parents for assistance.

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Panic Attacks

A New Trick to Stop Panic Attacks Before They Can Begin!

[PanicPortal.com](#)

Trusted Panic Attack Info

Learn all about panic attacks. Symptoms, causes, all treatments.

[www.healthylplace.com](#)

Anxiety and panic attacks

Symptoms and treatment information for patients, family and caregivers

[www.psychiatry24x7.com/anxiety](#)

The National Institute of Mental Health states that panic disorder affects more than 2.4 million adult Americans. They add that it is twice as common in women as it is in men.

Anna's case is a fairly typical one as panic disorder often develops in late adolescence and early adulthood. Some women report that it becomes worse as they enter menopause.

The symptoms of a panic attack are often very physical. Your heart begins pounding, your breath becomes labored, you may feel sweaty, weak, faint and dizzy. Life seems to be spinning out of control. Your extremities may tingle or feel numb accompanied by an unhealthy flush or chill. There is often nausea and chest pain. Many sufferers experiencing their first attack may feel justifiably like they are experiencing something life

threatening, like a heart attack.

Although the effects of panic disorder can be so debilitating that it can lead to the avoidance of all situations that are believed to have caused them, treatment is available and the condition is considered to respond well to a combination of behavioral and cognitive therapies along with medication.

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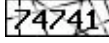
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