

Panic attack/ panic disorder:



Panic attacks are sudden, unreasonable feelings of fear and anxiety that cause physical symptoms like a racing heart, fast breathing and sweating.

Panic disorder can develop when you worry too much about having another panic attack or change behaviors to avoid having a panic attack.

Symptoms:

- Chest pain.
- Chills.
- Choking or smothering sensation.
- Difficulty breathing.
- Fear of losing control.
- Feeling like you're going to die.
- Intense feeling of terror.
- Nausea.
- Racing heart.
- Sweating.
- Tingling or numbness in fingers or toes.
- Trembling or shaking.

When you should visit the doctor:

If you think you have panic attack symptoms you should visit the doctor as soon as possible. Panic attacks, while intensely uncomfortable, are not dangerous. But panic attacks are hard to manage on your own, and they may get worse without treatment.

Causes:

The reason is still unknown; however, it's thought to be linked to a combination of things, including:

- A traumatic or very stressful life experience
- Having a close family member with panic disorder
- An imbalance of neurotransmitters (chemical messengers) in the brain

Treatment:

- Cognitive behavioral therapy (CBT) is a type of psychotherapy, or talk therapy.
- Certain antidepressant medications can make panic attacks less frequent or less severe.
- Anti-anxiety medications

