

File Created by [Blogging Rebirth](#) WP Plugin

# **anxiety attack symptom - major depression treatment - panic attack signs**

## **anxiety attack symptom - major depression treatment - panic attack signs**

anxiety attack symptom

As sufferers of Panic Attacks and Anxiety we all wish that there was some way we could just forget the fact that we ever HAD a panic attack. Is there anything available that will make all of this go away? Is learning to cope with the affliction the best we can hope for or is it possible that a real CURE exists that will eliminate our Panic Attacks

**Do you suffer from anxiety or panic attacks and are looking for a natural cure?**

[Click here now to see what worked for me >> Natural cure for panic attacks >>](#)

Does a panic attack sufferer require medication to be cured from having future panic episodes? Is there a natural panic attack remedy such as taking certain herbs vitamins and certain foods that are better and safer than pharmaceuticals? An equally important question is what role therapy and counseling should play in helping people cope with panic attacks and be cured? And finally must a panic attack sufferer spend hundreds or even thousands of dollars going to therapy or is there a less expensive but equally effective alternative

A Panic attack is a very serious illness however it is very possible for you to overcome this illness and live a normal life. A Panic attack is a medical condition and if you are experiencing it often you should seek medical care in order to provide you with proper treatment either behavioural or with medications

Having a panic attack is a terrifying experience. It usually starts with a sudden inexplicable sense of fear and then escalate adding other symptoms along the way such as feelings of choking or suffocation chest pain dizziness lightheadedness losing control or that you're going crazy or having a heart attack. Prescription drug therapies are often used in treating anxiety disorders (anxiety attacks and panic attacks are the same thing) but many of them can be addictive and symptoms return when medication is withdrawn. There are however several natural anxiety disorder treatments that psychiatrists and psychologists use sometimes in conjunction with drug therapy sometimes not that actually can successfully treat anxiety disorders

Panic attacks can be an extremely frightening experiences. Suddenly you're hit by a barrage of symptoms you may have the feeling of a heart attack suffocating or losing control altogether. This experience can be so traumatizing and real that you feel like dying right at that moment.

For patients that experience panic attacks on a regular basis it can seem impossible to ignore and avoid the attacks altogether. The symptoms are real to the patient and include a racing heart and the inability to catch your breath; these symptoms can be hard to deal with and leave the patient overwhelmed with fear about the next time that a panic attack will strike. Therefore learning how to deal with panic attacks when they occur is an effective way to maintain your ability to undergo regular activities and obligations

Panic attacks typically reach maximum intensity within one to three minutes once they begin. They then diminish gradually over the next thirty minutes sometimes taking up to a few hours to fully dissipate. It is common for a person to go to an emergency room the first time they have a panic attack because they are 'shocked' at what is happening. The fear of the unknown of what is happening makes that first panic attack even more scary. Subsequent attacks may occur several times a month or rarely and can be as severe as the initial attack. However when a person at least becomes educated about panic attacks the next time they have one they can do some encouraging self talk

Find More [Anxiety Attacks Symptoms Articles](#)

You can also find this article published on [anxiety attack symptom - major depression treatment - panic attack signs](#), and on the tag pages [Anxiety](#), [Attack](#), [depression](#), [Major](#), [Panic](#), [Signs](#), [Symptom](#), [Treatment](#).