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Anxiety Drugs: Do They Really Treat Anxiety Attacks

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What causes anxiety and panic attacks? what are the symptoms of these disorders? anxiety drugs, do they really treat anxiety attacks?. These are questions asked by many people who believe they maybe suffering from one of these disorders and are scared of a life dependant on drugs for relief.

Anxiety and panic attacks are problems that affect many people on a daily basis and are more common than many people believe. If you do not suffer from one of them, then you probably know someone who suffers from these disorders, even if you do not realize it. A lot of us experience anxiety/panic some time in our lives, but for about five per cent of people it's so severe and persistent and contols most of their daily life.

Anxiety and panic attacks, are some of the most common psychological disorders and affect women more often than men, they are more common than you think.

If you have this disorder, you may think that drugs are the only option to treat anxiety attacks. Medication can relieve some of the symptoms of anxiety, but it doesn't cure the underlying problem and it's usually not a long-term solution. Anxiety drugs also come with side effects and safety concerns, such as the risk of addiction. Many anti-anxiety drugs like benzodiazepines work by reducing brain activity, this leads to side effects beyond anxiety relief. All benzodiazepines relieve anxiety (anxiolytic) but some act as sleeping agents too.

Drug companies spend billions promoting the view that depression and anxiety are biological illnesses and can only effectively be treated with drugs. All independent research indicates that the right psychotherapeutic intervention relieves symtoms more quickly and is more likely to prevent relapse.

The truth is anxiety and panic attacks are the most highly treatable of all mental health conditions. And you don't have to rely on controversial antidepressant drugs to treat anxiety and panic attacks.

Learn more: <http://panicaway=now.blogspot.com/>

Faith is an expert writer on a variety of topics. She writes about and reviews many quality products. Visit her blog at, <http://panicaway-now.blogspot.com/>

My first vid in a while. Just talking about my 'issues and wondering if anyone can relate.

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