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# **Anxiety Panic Attack Symptoms - the Pros and Cons of Taking Medications**

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Finding the best form of treatment in fighting anxiety panic attack symptoms isn't as easy as it seems. It takes some careful consideration, but the truth is, many people simply turn to drugs and pills as the solution in dealing with anxiety attacks. But, is this your best solution? Here's a look at some of the pros and cons.

### Pros

1. Fast Acting - Swallowing a pill will give you quick results in dealing with an anxiety panic attack.
2. Its Simple - Taking a pill is quick and easy to do every day. Your doctor writes you a prescription and you are on your way.
3. It works - Anxiety medication has shown to be very effective in controlling panic attacks, at least their frequency anyway. Medication can help you relax and reduce anxiety symptoms.

### Cons

1. Side effects - Just like most every drug, there will be side effects involved. Side effects for medications used to treat anxiety panic attack symptoms can range from being very minor to very severe. There are times when they can cause a person to not be able to continue taking the medication.
2. Tolerance - As with most every drug, long term use will cause it to be less effective in fighting panic attacks. You may need to increase the dosage or even change to a different form of medication.
3. Drugs will not cure anxiety - This is perhaps the biggest con of all. Drugs are great in treating the symptom, but they fail to get to what is causing the problem. They can help reduce the frequency, but they will not eliminate all anxiety attacks from coming back.

### The Verdict

Drugs are good in helping to cope with anxiety panic attack symptoms. They are simple to use and work quickly, but they fail in other important areas. If you want to eliminate anxiety attacks from your life forever, you'll need to consider other more natural methods that are available.

By the way, you can find out more on [How To Recognize Anxiety Panic Attack Symptoms](#) as well as discover much more information on everything to do with anxiety and panic attacks by going to <http://www.AnxietyAttacksA-Z.com>

Link to the website I'm talking about in the video: [www.webmd.com](http://www.webmd.com) I have a lot of problems with how AS is portrayed, people put certain words on us and they don't know what it MEANS. I even read a paper from a doctor who claimed that people with Asperger's lie more than normal people simply because He had read that aspies don't have empathy for other people. Which is just so incredibly wrong, most aspies are so truthful it hurts. Personally I have vowed to never lie anymore to anyone, because I've been lied to so much...by "normal" people. So, here I go through the most common symptoms for AS and also give my thoughts and views on said symptoms. If you have AS and don't agree with me at all, then please tell me! Because I want to know if I'm "teaching" the wrong things. But I don't think I am. And if you're a parent to an AS child or have a friend with AS then don't hesitate to ask me anything you want to know. I'd do anything to make sure that the people with AS don't get as misunderstood and bullied as I have been in my life. Even if that means talking to strangers, heh. Part 1 out of 2 because I can't stop talking...

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