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Help For Panic Attacks - When to Seek Medical Help For Someone Having Panic Attack Symptoms

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If you should ever find yourself in the situation of seeing someone having a panic attack, it is good to know ahead of time what to expect and how to best be of help. A panic or anxiety attack typically strikes without notice or obvious cause. In trying to get a person [help for panic attacks](#), understanding some of the symptoms that accompany the attack will allow the experience to be less scary and easier for you to handle.

A panic attack is comprised of a sudden onslaught of overpowering feelings of fear and anxiety, and the person may have a genuine terror of dying or suffocating. The symptoms of an attack can mimic many medical conditions. Some of the more common symptoms include: shortness of breath, chest pain, sweating, fear of going crazy, and upset stomach.

Talk to the person to help determine if the symptoms are caused by a medical condition - this can help you evaluate if getting medical help is needed. If you are unsure whether going an emergency room is warranted, it is better to err on the side of safety and get the person to a hospital.

The following indications can be a guide as to when to seek medical help for someone having panic attack symptoms:

- **chest pain, rapid heartbeat, and sweating could be an indication of a heart attack**
- **shortness of breath or hyperventilating could be due to an asthma attack**
- **if you know the person is a diabetic**
- **if symptoms do not ease or diminish within 15 minutes**
- **you are uncertain whether this is the first time the person has had an episode like this**
- **if after talking to the person, you discover this is the first time he/she has had a panic attack, then getting medical attention may decrease their fright**
- **on the other hand, if you discover the person has had prior attacks and realize the attack could last for hours, he/she may already know that getting emergency medical care will cause their condition to worsen**

While waiting to get the person medical attention, stay with the person and assure him/her that help is on the way. By using the above indications as a guideline in determining when to get help for panic attacks, you will be in a position to help a person the best that you are able when they are experiencing panic or anxiety attack symptoms.

The truth is you do not have to ever suffer from another anxiety or panic attack again! Find out right now the most powerful technique for an [anxiety attack remedy](#) without having to use medication. You can find this natural method to obtain immediate anxiety relief, risk-free, at www.anxietypanicattackremedy.info

Hello & thank you for reading my article! I am a social worker and thus, have a special interest in helping people. I hope that you find my information of value.

You can also find this article published on [Help For Panic Attacks - When to Seek Medical Help For Someone Having Panic Attack Symptoms](#), and on the tag pages [Attack](#), [Attacks](#), [Having](#), [Help](#), [Medical](#), [Panic](#), [Seek](#), [Someone](#), [Symptoms](#).