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Panic Anxiety Attack Symptoms Affect One in Every Three Adults

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Serious panic anxiety attack symptoms affect one in every three adults. Many of those people will not seek the help that they need. Living with this level of anxiety can be challenging and can isolate people from society. Stress and situations that increase stress can bring on a panic attack at any time and you may not even know the cause of the attack. A panic anxiety attack is an extreme and sudden wave of intense fear and discomfort and will include at least four of these symptoms:

- o Nausea
- o Feeling like you are choking
- o Cold chills and/or hot flashes
- o Shortness of breath or the feeling of being smothered
- o Shaking or trembling
- o Pounding heartbeat
- o Chest pain
- o Dizziness or lightheadedness
- o Numbness or tingling sensations
- o A intense fear of dying
- o The feeling that you are going crazy or losing touch with reality

An attack can come on quickly and will reach a peak that may last five or ten minutes before the symptoms begin to dissipate. People who have a panic disorder will change their behavior to "feel safe" and to try and prevent future attacks. This may include carrying items with them, like medication, having someone to accompany them at all times, and sitting near exits.

About fifty percent of people who have a panic issue also suffer from depression. People who have families with a history of anxiety or depression have a greater risk of developing panic attack disorder. Unfortunately, women are twice as likely as men to develop this disorder.

Everyone experiences some degree of anxiety in the normal course of every day life. It is when this anxiety is unreasonable and results in panic attacks that it becomes a problem. If left untreated, attacks can consume a person's life. It may be the result of depression or a phobia, or the attacks can lead to depression or phobias. Sadly, many people do not explore treatment options and continued attacks may lead to suicide because a person feels they have no avenue to treat this condition and they can no longer live with its effects. They may withdraw from society, unable to hold a job, and become extremely isolated.

It is important to have a support system of family and friends that understand your panic disorder. Sometimes, when a family member or friend is close by when a panic attack begins, they may be able to reassure and diffuse the situation. It is important to build a toolbox of strategies that you can use to manage your disorder with the ultimate goal of managing your attacks. Some tools include muscle relaxation techniques, calm breathing and thinking realistically.

It is important to get the facts about your panic anxiety attack symptoms. Attacks will not cause you to lose control, faint, go crazy or die. You will feel that all of these things are going to happen, but if you can draw from your toolbox, you may be able to minimize the intensity of your panic attacks.

Lincoln Broaders is a panic attacks expert. For more information on [panic anxiety attack](#), visit <http://www.LearnAboutPanicAttacks.com>.

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