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Panic Attacks and Depression - You Shouldn't Have to Suffer

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Today depression and panic attacks are very common for millions of people around the world. On average, fourteen million Americans suffer from major panic attack and depression. Three million Americans suffer from panic disorder. It is very common for those with major depression to also have panic attacks and elevated anxiety levels. Because panic can mimic other disorders, such as hypoglycemia, heart problems, asthma and many more serious conditions, sufferers who have not been diagnosed with panic disorder can feel afraid and tentative about their health.

If you are having panic attacks, but are unaware, and are also suffering from depression, then the two can aggravate the other until proper treatment is realized. As depression is another difficult illness to properly diagnose and treat, it is imperative to actively find treatment that works for you.

The Results of Panic Attack and Depression

People suffering from depression will feel bored, sad, hopeless, sluggish, alone and unloved. They may suffer from insomnia, and will have elevated anxiety levels. Because of this elevated anxiety, people with panic attack and depression will often experience panic attacks on a normal basis. When someone has more than one panic attack, they can develop a phobia towards the situation, or a fear to return to a specific place. Add in an already depressed view of the world, a worry that others find no worth in you, and you have a recipe for one miserable person.

Health care professionals are learning that the instances of panic attack and depression coinciding together are more common than thought. While not everyone who is depressed will have panic attacks, many people who suffer from panic may very well be depressed. There are certain SSRI antidepressants on the market today that are specifically recommended for use in treating anxiety along with depression.

Many people who suffer from depression do not know it. When someone who experiences panic attack and depression has a panic attack, it can be very frightening. Oftentimes, people in the middle of panic attacks feel like they are going to die, or that will lose their minds and "go crazy". This can prevent some from seeking treatment, as they do not understand what is happening to them, and fear the worse.

When the panic attack is over and the sufferer feels normal again, they may not think anything of it until it happens again. Many people who suffer from panic attacks do not realize that they are not alone. A person who is experiencing panic attack and depression may feel especially overwhelmed and will aggravate the situation by worrying and inflating the scenario in their mind. They may feel hopeless to the point where they cannot see how treatment would be effective.

Treatment for depression with panic attacks is available and very effective. Through any combination of medication, cognitive-behavior therapy and relaxation techniques, sufferers can gain control of their lives back.

The first thing you always want to do is see your doctor and discuss the symptoms and trouble that you are having. Your doctor will get you on your way to resolving your trouble.

Feel free to visit some of my sites [Stop Panic Attacks](#) and [Stop Anxiety Attacks](#)

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