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You Can Control Symptoms of a Panic Attacks

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Panic attacks can effect your quality of living and drag you down from doing the things you enjoy. If you have ever experienced a panic attack, then you know the feeling of terror that accompanies them, as well as the crippling fear that it might happen again. If you are one of the three million Americans who have had multiple panic attacks, you should know that there are ways to control panic attack symptoms.

The symptoms are similar to a heart attack, and a sensation that you have lost touch with reality and an impending dread often accompanies the physical symptoms. While you might end up in the emergency room the first time, this is not adequate treatment. In order to control panic attack symptoms, you need to help prevent them in the first place.

Options

One option is to consult a physician about getting treatment. Some medicines on the market can help panic attack sufferers from reoccurrences. Another option available is cognitive-behavior therapy. This method utilizes visualization, breathing and relaxation techniques to fend off the symptoms of a panic attack when they occur.

Another option that some sufferers choose to help control panic attack symptoms is to actually face the fears. For some, gradually confronting the situations that cause panic can help eradicate them. There is method to this treatment, and it should be undertaken under the care of a physician or therapist so as not to aggravate the problem.

Chronic panic attacks, known as Panic Disorder, are a serious medical condition that can drastically affect the quality of your life. Panic Disorder is not necessarily a permanent condition and it can be treated successfully. Knowing that there are treatments out there though should help you can beat those fears and control panic attack symptoms!

Results

By using the options that work for you to help control your panic attacks, you are able to live a life that is free of suffering from constantly being consumed with fear of your next panic attack. You can also use what you know to help others that may be in the same position you were in before you found the proper help.

Of course, encouraging someone to see their doctor is the best way to go, but because many people are afraid to seek professional help or because they are ashamed of their condition, helping them to learn breathing exercises and the like that have worked for you is something that can offer them at least a small amount of relief.

Your doctor is your best choice always when you are having trouble. He can make a correct diagnosis and get you started in the right direction to end your anxiety attacks. I have used a book and audios that have really made a difference. You can find the link at the top of my website.

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

For more information please visit my website at [Stop Panic Attacks](#)

You can also find this article published on [You Can Control Symptoms of a Panic Attacks](#), and on the tag pages [Attacks](#), [Control](#), [Panic](#), [Symptoms](#).