

Living With Panic Attack Symptom

Ask anyone who lives with the fear of panic attack symptoms. It's certainly an uncomfortable thought not know when the next panic attack symptom will emerge.

Panic attack is described as an intense and sudden feeling of fear and anxiety. In fact, people having a panic attack may very well think they are experiencing a heart attack. Panic attack symptom includes rapid heart beat, trembling, shallow breathing at a quickfire pace, light headedness and pins and needles.

Living with the fear of the unknown - not knowing when the next panic attack will occur - can be alleviated somewhat with medications. Some medications can reduce the symptoms of panic attack quite significantly although, there is no real cure for panic attack. While medications can alleviate some of the symptoms of panic attack it's certainly not a good idea to continue taking them. Speaking with panic attack specialists, the one common message among them was that sufferers must first isolate the cause of their panic attack before can they begin to deal with it. Knowing what triggers a panic attack episode will go a long way in keeping any future episodes under control.

It's important to point out that while a panic attack is an uncomfortable experience, it will only last for 30-40 minutes. You won't die from a panic attack as some people wrongly believe. Research has shown that the tendency to be anxious can possibly be inherited through our genes although further research is needed to set this theory in concrete.

Talking about your panic attack problem, believe it or not can help. A trusted friend or relative, perhaps someone who has experienced panic attacks themselves but it's understandable panic attack sufferers in the main, prefer to keep quiet about there condition.

Perhaps getting in touch with self help groups or something similar may provide a more comfortable and secure environment in discussing your panic attack symptoms. Your physician should be able to point you in the right direction. Relaxation control methods can be very effective, while going to the extreme, but in most instances, effective treatment; then psychotherapy could be a last resort.

Panic attack sufferers should definitely avoid alcohol. Thinking alcohol can relieve panic attack symptoms is a big mistake. About one in three sufferers will turn to alcohol and it's understandable that foremost on their minds is relieving their panic attack symptoms. However, more than likely, bouts of depression will follow leaving them worse off and causing further problems. Certainly consuming one, maybe two drinks is not likely to cause undue stress but abusing alcohol and going over the limit will trigger further panic symptoms in most cases.

For severe panic attack sufferers life can be very miserable. Often, episodes may occur unexpectedly several times during a day and if this is you, then you really should consult a physician.

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About the Author

Dean Caporella is broadcaster with an interest in a wide variety of topics including health. Visit Dean's site <http://www.panicattacksite.com> for news, reviews and views on panic attack and anxiety attack.