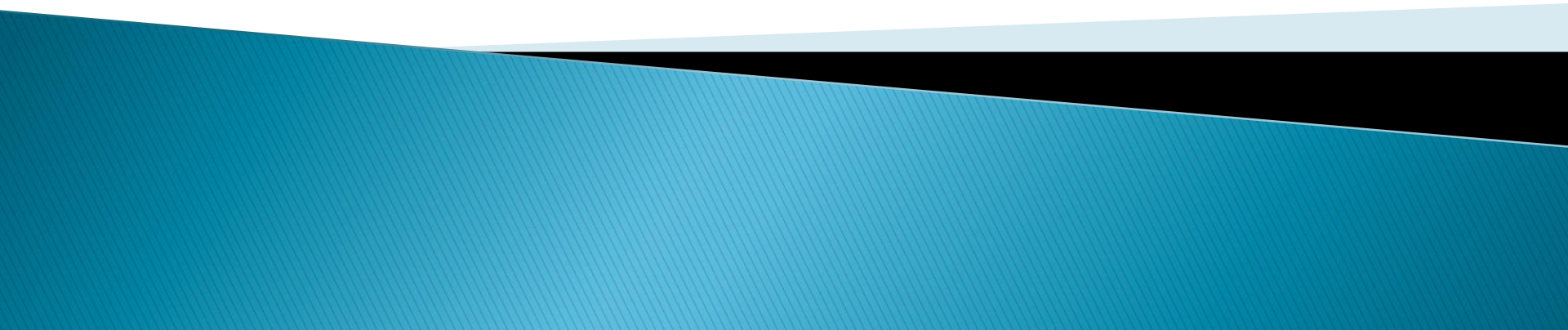


PANIC DISORDER



Introduction


Panic disorder is a debilitating anxiety disorder that is very different from GAD. Panic disorder is not about "panicking." It's not about getting very worried because you might lose your job or a lion is about to attack you in the jungle. That type of panic is normal.

Panic disorder is when you experience severe feelings of doom that cause both mental and physical symptoms that can be so intense that some people become hospitalized, worried that something is dangerously wrong with their health.

Panic disorder is characterized by two things:

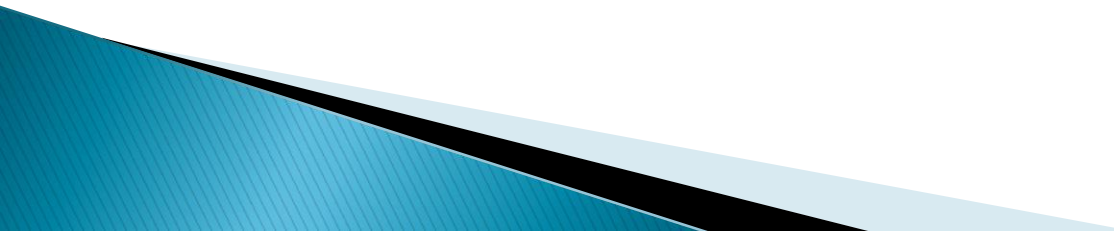
- Panic attacks.
- Fear of getting panic attacks.

symptoms

- Shortness of breath or hyperventilation
 - Heart palpitations or a racing heart
 - Chest pain or discomfort
 - Trembling or shaking
 - Choking feeling
 - Feeling unreal or detached from your surroundings
 - Sweating
 - Nausea or upset stomach
 - Feeling dizzy, light-headed, or faint
 - Numbness or tingling sensations
 - Hot or cold flashes
 - Fear of dying, losing control, or going crazy
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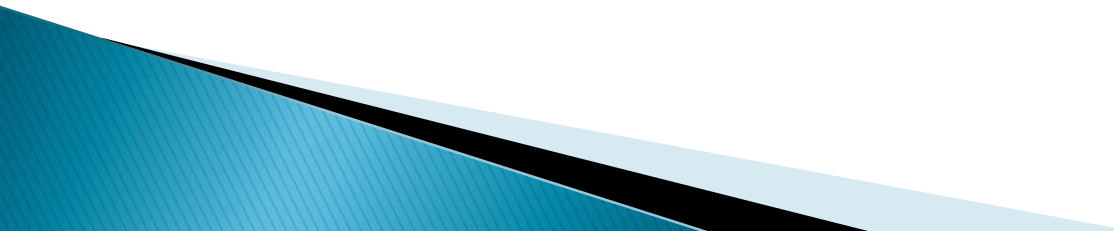
Treatment

Cognitive Behavioral Therapy is generally viewed as the most effective form of treatment for panic attacks, panic disorder, and agoraphobia. Cognitive behavioral therapy focuses on the thinking patterns and behaviors that are sustaining or triggering the panic attacks. It helps you look at your fears in a more realistic light.

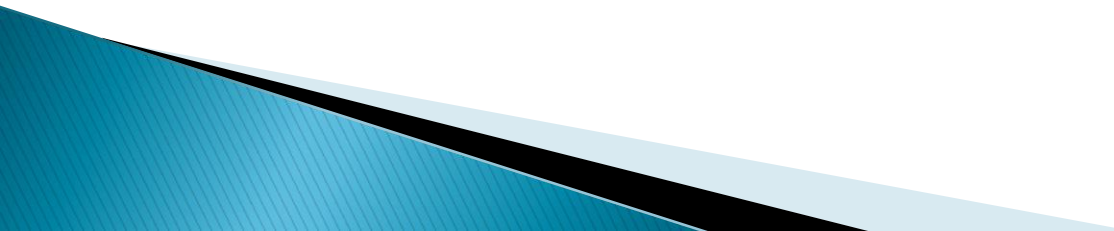


Exposure Therapy

In Exposure Therapy for panic disorder, you are exposed to the physical sensations of panic in a safe and controlled environment, giving you the opportunity to learn healthier ways of coping. You may be asked to hyperventilate, shake your head from side to side, or hold your breath. These different exercises cause sensations similar to the symptoms of panic. With each exposure, you become less afraid of these internal bodily sensations and feel a greater sense of control over your panic.

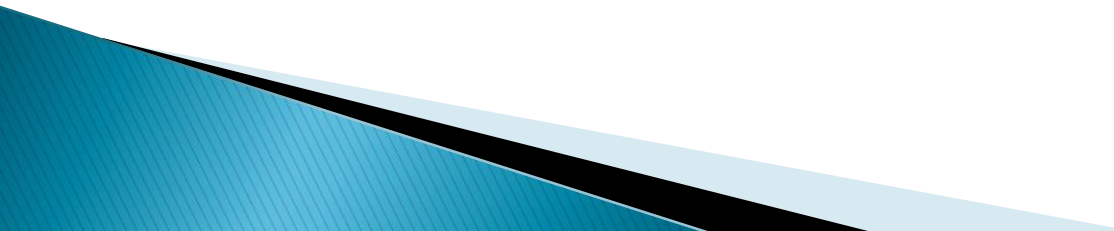


Medication Treatment

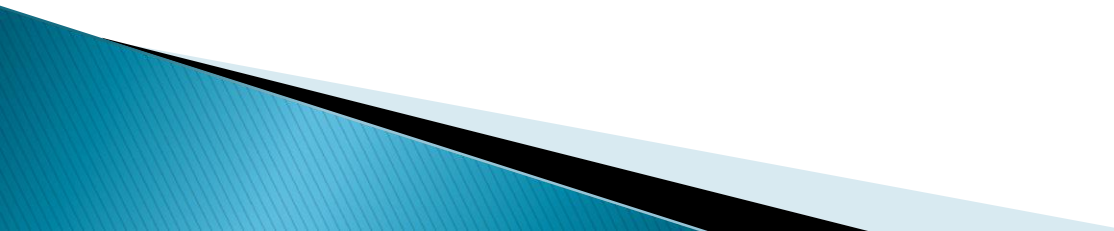
- Antidepressants:** It takes several weeks before they begin to work, so you have to take them continuously, not just during a panic attack.
- **Benzodiazepines:** These are anti-anxiety drugs that act very quickly (usually within 30 minutes to an hour). Taking them during a panic attack provides rapid relief of symptoms. However, benzodiazepines are highly addictive and have serious withdrawal symptoms, so they should be used with caution.
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Post Traumatic Stress Disorder (PTSD)

As a human being, there are always risks that put your life in danger. Most people are lucky enough to avoid these dangers and live a nice and safe life. But in some cases, you may experience a life trauma – either physically or emotionally – and this can cause an anxiety problem known as post-traumatic stress disorder.



PTSD affects people both psychologically and physically. In most cases, the person with PTSD is the one that experienced the traumatic event, but it's possible to get PTSD by simply witnessing an event or injury, or even simply discovering that someone close to you dealt with a traumatic event.



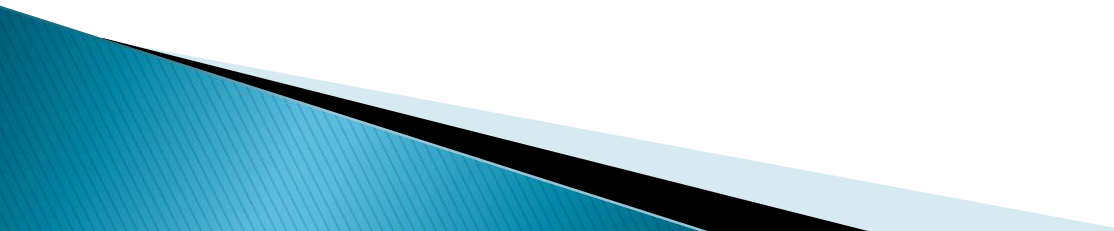
Symptoms

- ▶ **Reliving the Trauma** which consists of:
 - flashbacks, in which it feels as if the event is occurring over and over
 - intrusive, vivid memories of the event
 - frequent nightmares about the event
 - mental or physical discomfort when reminded of the event

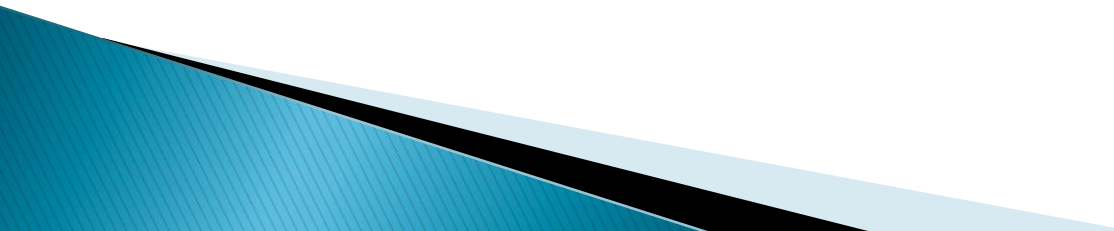
Avoidance, which includes:

- emotional apathy
- detachment from or lack of interest in daily activities
- amnesia (memory loss) about the actual event
- inability to express feelings
- avoidance of people or situations that are reminders of the event

Increased Arousal: which is characterized by:

- difficulty concentrating
 - startling easily
 - exaggerated response to startling events
 - constantly feeling on guard (hypervigilance)
 - irritability or bouts of anger
 - difficulty falling or staying asleep
- 

Treatment

- Cognitive Behavioral (“talk”) Therapy to encourage you to remember the event and express your feelings about it. This can help desensitize you to the trauma and reduce your symptoms.
 - A support group where you can discuss your feelings with other PTSD sufferers. This will help you realize that your symptoms are not unusual and that you are not alone.
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Medications

- ▶ Antidepressants
- ▶ Anti-anxiety drugs
- ▶ Sleep aids to decrease the frequency of intrusive and frightening thoughts and allow you to get some rest.

THANK YOU

