CHENNAI MINDS LEAFLET – PANIC DISORDERS

All You Need To Know About Panic Disorders

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WHAT IS A PANIC ATTACK?

A panic attack in an abrupt and sudden surge in fear or discomfort. 4 out of 13 must be present



These are the symptoms:

Palpitations
Sweating
Trembling/shaking
Shortness of breath
Choking
Nausea
Dizziness
Chills
Tingling sensation
Derealization (feeling of unreality)
Depersonalization (detachment from self)
Fear of losing control
Fear of dying

4 out of these 13 symptoms must be present.

WHAT IS PANIC DISORDER?

Having unexpected and frequent panic attacks. These are worries that this could be due to life threatening illnesses, embarrassment, fear of being judged, going crazy or losing control.

CAUSES:

- Genetic
- Biochemistry (lowered neurochemical- especially GABA)
- Cognitive theories (fear of illnesses- leading to anxiety- more fear)

TREATMENT OF PANIC DISORDER?

ANTIDEPRESSANTS – SSRI- The initial effect of antidepressants in panic disorder is to produce apprehension, sleeplessness and palpitations. Hence dosage is usually very small. If no effect in 12 weeks antidepressant class can be changed to SNRI or reboxetine.

COGNITIVE BEHAVIOUR THERAPY (CBT) – Questioning the person's belief in the feared outcome. Usually a combination of antidepressants and CBT works well.



PROGNOSIS AND OUTCOME

Usually medications must be continued for 1 year. Prognosis is very good.

DISCLAIMER

All the details contained in this leaflet are for information purposes only. You need to consult a Consultant Psychiatrist well trained to treat this condition. CHENNAI MINDS takes no responsibility for the information or the consequences of the decision made on reading this information leaflet.