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The Symptoms of Panic Attacks by SVETLANA Kim

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Panic attack disorder - a disease characterized by surprising onset of tension and panic assaults (from once a year to several per day) and continuous experiences in anticipation of their recurrence. panic dysfunction are subject to 3 - 5% of the population, mostly young (20-25 many years) age.

A tension attack is the totality of symptoms, characterized by paroxysmal deep experiences of anxiety, fear, reaching a optimum within a few minutes, and then gradually going down. anxiety attacks can also develop anxiety disorder, and a variety of other alterations in personality psychopathology.

anxiety and panic assaults: Causes

It is believed that the tension attack arises at the very least once in the life of any one of us as a result of a natural reaction to tension. anxiety assaults can also come about at different somatic pathology, mental illness, with depressive disorders.

The intensity of the feelings of anxiety at the moment of stress attack vary from person to person. Some people feel light anxiety, some expressed fear and terror.Classification

There are three main varieties of anxiety attacks:

1) Spontaneous tension and panic assaults - appear surprisingly for no obvious reason.

2) Situational anxiety assaults induced by the experience of a sure Disturbing situation, or the same sense of expectation.

3) Conditional situational anxiety attacks come about more frequently underneath the influence of biological or substance stimulus (alcohol intake, alteration in hormonal menstrual cycle), but this relationship is not constantly monitored.

pressure Attack Symptoms

Depending on the clinic identify typical and atypical manifestations of a anxiety and panic attack, although one should not forget that the variability of the manifestations of a tension attack can be as wide in different affected persons and one individual in different attacks.

Typical worry attacks come about most frequently cardiovascular symptoms. They are a common cause of medical emergencies and hospitalization. Tachycardia, disruption of the heart, a sensation of chest pain affected persons suggest the idea of development in these diseases of the heart. Also at the time of the attack can significantly increase blood pressure. The fear of hypertensive crisis or its complications makes affected persons to measure the pressure even in the interictal period of time. The second complaint drew the attention is the experiencing of suffocation. Also, the typical manifestations of worry attacks can be hot flushes or chills, nausea, dizziness, derealization, fear of demise.

Attack is thought of to be atypical in the development of the subsequent symptoms: muscle cramps in the limbs, blurred vision and / or listening to loss, aphasia, gait disturbance, experiences of "a lump in my throat," loss of consciousness, repeated vomiting, psevdoparezy.

At the end of an attack can often be observed copious.

anxiety attack symptoms kotoroyh advancement and attain their maximum in a short time period of time, which distinguishes them from physical illness, there is normally surprising. Most worry assaults take place in the course of wakefulness, for the duration of the development of rest through the worry attack has a more prolonged and severe. The average time an attack is usually less than an hour.

Biosubstancely for the duration of the attack can be detected hyperlactatemia and hypercapnia.

The length of time between attacks in worry dysfunction may vary considerably in different patients from several days to months or even many years. general, Nevertheless, the interictal time period is characterized by the gradual development of depression as a result of frequent thoughts about the attacks, fear of severe physical illness, the development of hypochondria .

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If you or a loved one struggle with anxiety you really should seek help from a mental health professional such as a psychologist or go to a What is an Anxiety Attack to learn more.

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