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Panic attacks a.k.a anxiety attacks could possibly be symptoms of an anxiety disorder. These anxiety attacks are a serious health problem in the North America. At least 20 percent of adults in America,, will suffer from anxiety attacks at some point in their lives. About 2% of adult Americans, will suffer from full-blown panic disorder at some point in their lives. Women are two times as likely to suffer than men. The common age at which people have their first panic attack (onset) is about 14-20 years. Another interesting fact about panic is that this symptom is strikingly different from other types of anxiety; panic attacks are so very fast and often unexpected, appear to be out of the blue, and are often disabling.

Approximately 1 in 100 of children experience panic disorder or generalized anxiety disorder. Children are different than adults; boys and girls tend to experience this disorder at the same frequency.

Once a man, woman or child has had a panic attack, for example, while riding in an elevator, he or she may develop unfounded fears, referred to as phobias, about the previous situations and begin to avoid them.

Soon, this pattern of avoidance and level of panic about another attack may reach the point at which the mere thought of engaging in the activity that preceded the original panic attack triggers future anxiety attacks. This possibly will result in the individual with anxiety disorder being unable to operate a car or even step out of the home. At this stage, the person is said to have panic disorder with agoraphobia.

Because of this, there are two types of anxiety disorder, panic disorder with agoraphobia or without agoraphobia. Like other major illnesses, panic disorder can have a serious impact on her daily life unless she receives effective treatment.

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If you or a loved one struggle with panic attacks you really should seek help from a mental health professional such as a psychiatrist or go to a Click Here to learn more.

Article Keywords:
cure panic attacks, stop panic attacks, get rid of panic attacks

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