

## Panic Disorder



Panic disorder is an anxiety disorder. It causes panic attacks, which are sudden feelings of terror for no reason.

You may also feel physical symptoms, such as

- Fast heartbeat
- Chest pain
- Breathing difficulty
- Dizziness

Panic attacks can happen anytime, anywhere and without warning.

You may live in fear of another



attack and may avoid places where you have had an attack. For some people, fear takes over their lives and they cannot leave their homes.

Panic disorder is more common in women than men. It usually starts when people are young adults. Sometimes it starts when a person is under a lot of stress.

Most people get better with treatment.



Therapy can show you how to recognize and change your thinking patterns before they lead to panic. Medicines can also help.

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