

## Panic attack, 12 symptoms to recognize it and treatment

Panic attack, an episode of sudden and intense fear or rapid escalation of normally present anxiety, is an increasingly common disorder. However, it is not easy to recognize and the symptoms may be confused with those of other disorders. A panic attack is accompanied by somatic and cognitive symptoms, such as palpitations, sudden sweating, trembling, choking sensation, chest pain, nausea, dizziness, fear of dying or going mad, chills or hot flashes. In this article we have listed 12 of the main symptoms of a panic attack that can help to detect it. Knowing the signs of a panic attack is essential to be able to intervene early and deal with the disorder appropriately. (health.com) Published by Ricardo B Serrano, 4/10/2023

### 1. Accelerated breathing

A panic attack occurs suddenly, caused by the body's fight-or-flight response, as the American Psychological Association explains. It is manifested by an increase in hormones, accelerated breathing and spikes in blood sugar. In some cases it can also occur at night, as shown by a study published in the Journal of Clinical Sleep Medicine in 2013.

### 2. Suffocation

In the presence of panic attacks, the body reacts with a release of stress-related hormonal substances, generating a feeling of suffocation. Muscle tension can be felt in the throat and chest.

### 3. Stomach pain

Stress and anxiety can cause stomach problems such as nausea and abdominal pain.

### 4. Respiratory pauses

Recovering one's breath can be complicated, especially if one is panicking. Hyperventilation and difficulty breathing are common signs of a panic attack. According to Lily Brown, assistant professor of psychology and director of the Centre for the Treatment and Study of Anxiety at the Perelman School of Medicine at the University of Pennsylvania, pauses in breathing are one of the most common indicators of a panic attack.

### 5. Losing your senses

Some people experience dizziness or lightheadedness during a panic attack, fearing that they will faint. At such times, usually the sufferer sits with their head between their knees to seek relief.

## 6. Sweating and shivering

During a panic attack, adrenaline increases blood flow to the extremities, causing flushing and sweating. The shaking sensation is a response of the body to cool down. Patients often report sweating in the forehead or hands.

## 7. Tingling

Limbs may become tingly during a panic attack. In some extreme cases, people may even fall to the ground and convulse, but this is not due to a brain problem. Instead, it is caused by anxiety and psychological discomfort during a panic attack.

## 8. Short duration

The panic attack can peak in a short time. Symptoms subside a few minutes after the peak, and soon the realisation that there is no danger may emerge.

## 9. Outsider

Derealisation is a common symptom, and is 'like being outside your body': you feel estranged from your experience and the world around you. It is a dream-like feeling of unreality.

## 10. Loss of control

Panic attack can lead to a feeling of loss of control or death, while social anxiety disorder can cause similar fears in social situations. Studies have shown that terrible feelings are more associated with panic disorder than with social anxiety disorder.

## 11. Accelerated heart rate

An accelerated heartbeat is a common sign of a panic attack and can make people think they are having a heart attack. Pain or discomfort in the chest increases this impression.

## 12. Exhausted

During a panic attack, the body uses all available resources to defend itself, resulting in the person feeling exhausted and drained of all energy.

Panic attack can be treated by Buteyko breathing consultation with Ricardo B Serrano, Certified Buteyko breathing instructor, Certified Tao Hands practitioner. <http://freedomhealthrecovery.com/buteyko.html>