



Panic Disorder

What is it?

- ✦ Panic disorder is a psychiatric illness characterized by recurrent attacks of severe anxiety and other physical / psychological symptoms.

How common is it?

- ✦ Around 15-20% of people suffer from this disorder. It can begin at any age but is more common in females.

What are the common symptoms?

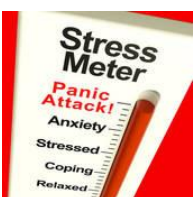
- ✦ During an attack person may experience tension, rapid heartbeat, sweating, dizziness, breathlessness, trembling, uncontrollable fear, etc.



- ✦ These attacks are typically short-lived and last for a few minutes
- ✦ In between the attacks patient may be worried about another attack
- ✦ It can occur in any situation

What are the causes of Panic disorder?

- ✦ Genetic factors and stressful life situations can lead to chemical imbalance in brain which in turn can result in panic disorder. An excess of common stimulants such as caffeine and nicotine often can induce panic attacks in some.



What are the treatments available?

Effective treatments in the form of medications and counseling- psychotherapy are available.

- ✦ Medications: Mainly, antidepressants and anti anxiety drugs are effective in treating most forms of panic disorders.
- ✦ Various forms of individual psychotherapy have also been found useful in the treatment.

Myths and Facts

Myth	Fact
Panic attacks are deadly and can kill one	Patient may fear that he may die but it is not life threatening
One may fall and injure oneself during the attack	Panic attacks do not cause any kind of physical injury
There is no treatment for panic disorder	Effective treatments are available



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