

People with panic disorder experience heart-pounding terror that strikes without warning. Since they cannot predict when a panic attack will happen, many people live in persistent worry that it can happen at any moment.

Anyone can develop panic disorder, even children.

SIGNS AND SYMPTOMS

- Pounding heart
- Chest pains
- Lightheadedness or dizziness
- Shortness of breath
- Numbness or tingling
- Hot flashes or chills

DIAGNOSIS

A doctor will formally diagnosis a person with panic disorder if they experience one or more attacks followed by at least a month of persistent fear of having another attack. The person also needs to have at least four of the symptoms listed above during at least one of the attacks. Most panic attacks last only a few minutes, but they occasionally go on for ten minutes. They can occur at any time, even during sleep.

TREATMENT

Usually a combination of therapy and medication is the most effective approach to helping people manage their symptoms. Proper treatment helps 70 to 90 percent of people with panic disorder, usually within six to eight weeks. Speak with your primary care provider or behavioral health provider if you have the above symptoms or any other concerns.

SELF-HELP TIPS

- Regular exercise may help you relax.
- Talk with family and friends. This can help manage your anxiety
- Try deep breathing and yoga.

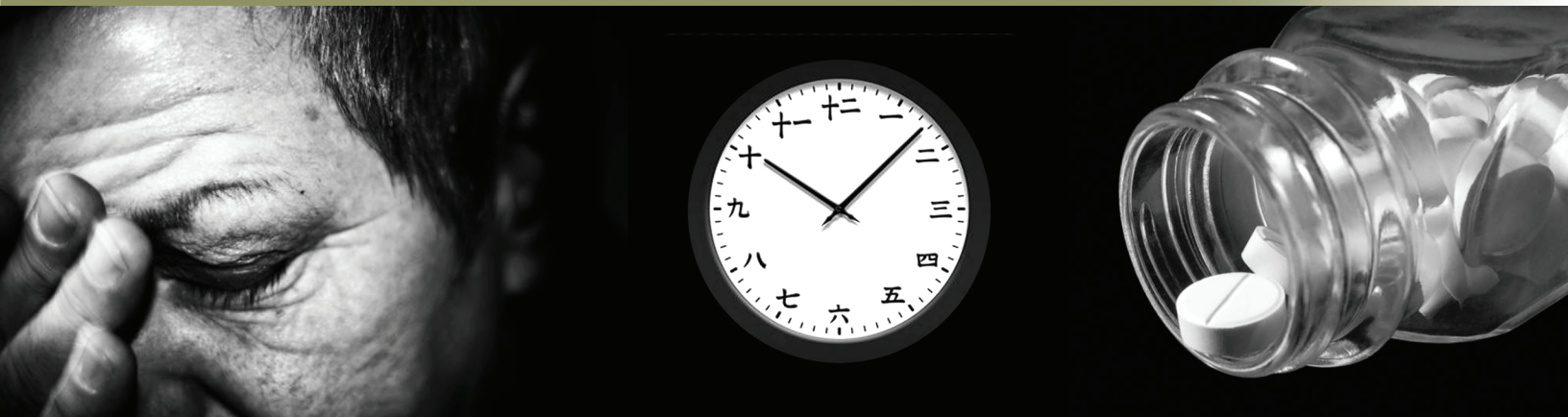
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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).



患有恐慌症的病人在沒有任何徵兆的情況下會突然感到心臟砰砰直跳的強烈恐慌。因為他們無法預測何時會發病，許多人持續生活在擔心恐慌症隨時發作的陰影裡。

任何人，甚至兒童，都有可能患上恐慌症。

徵兆和症狀

- 心臟砰砰直跳
- 胸口痛
- 頭暈或眩暈
- 氣促
- 麻痺或刺痛
- 潮熱或發冷

診斷

如果病人一次或多次發病後至少一個月不停地擔心再次病發，並且至少一次發作時出現至少四個上述的症狀，醫生就會正式診斷此人患上恐慌症。大部份恐慌症發作只會持續數分鐘，但偶爾也會長達十分鐘。恐慌症可以在任何時間內發作，即使在睡覺的時候。

治療

結合心理療法和藥物通常是幫助病人控制症狀最有效的方法。如果有適當的治療，百分之 **70** 至 **90** 的恐慌症病人通常在六至八個星期內症狀就可以得到改善。如果您有以上症狀或任何其他疑問，請告訴您的主診醫生或心理醫生。

自助心得

- 定期運動可幫助您放鬆
- 與家人和朋友交談可幫助您更好地控制焦慮情緒
- 嘗試瑜伽和深呼吸運動

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