

## Real Valuable Panic Attacks Information You Must Know Now

Panic attacks information is important for every individual because they can happen at any time and under many random circumstances. Though panic attacks information indicates that they make the victim feel alone, they can occur even when the victim has adequate company, in familiar or unfamiliar surroundings, and even during sleep. As per panic attacks information, the typical symptoms include a faster heart rate resulting in more blood flow and consequent reddening of the face, choking, nausea, fear, and lack of physical and emotional self-control.

The level of fear during a panic attack is extremely high and this fear causes many reflex actions in the body that are not always controllable. Due to the high heart rate, many people mistakenly assume a panic attack to be a heart attack and rush to emergency rooms claiming that they can no longer breathe. Men and women are both affected though the proportion of women happens to be slightly higher. People who ignore panic attacks information are likely to develop a persistent condition that leads to panic disorder.

These attacks have the potential to temporarily disable a person and are quite harmful in the long run, a knowledge about panic attacks information can help to avoid that situation. Stress or even nerves can cause panic attacks but they must not be confused with stress or a case of nerves. Those are causative agents and not the affliction itself. Panic attacks are curable before they progress to the panic disorder stage when recovery becomes prolonged and difficult. There are several techniques employed by different practitioners who help to fix this problem on the basis of panic attacks information. Some common treatments include therapy, medication, breathing and relaxation exercises, and so on.

While panic attacks do not follow any timetables, it has been studied that on an average a panic attack will occur suddenly, reach its peak in a period of no longer than ten minutes, and will stay at that stage for approximately half an hour. However, panic attacks information indicates that sometimes, depending on several factors, the attack may last from a few hours to even a whole day. After a panic attack subsides, the patient is left feeling weak and discharged, as if recovering from a long illness.

There are many health concerns that can lead to panic attacks. People who have conditions like heart disease, thyroid malfunction, withdrawal from medication, and so on, are at a greater risk of suffering from panic attacks. Besides physical conditions, certain mental conditions like depression, stress, tension, and various types of phobia are also associated with panic attacks. It must be noted that though many factors are associated with panic attacks, the bodily mechanism leading up to a panic attack is not yet clear. So while heredity, disease, phobia, and stress are all well identified reasons for panic attacks, it is not certain how they actually cause the attacks.

Because panic attacks information says so much about fear, it is assumed that a panic attack is the body's natural defense against fear without any visible or apparent reason for fear. People reacting to fear display the same symptoms as witnessed in most panic attacks.