

Panic Disorder: Cause and Prevention

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Introduction

When there is no genuine threat or obvious reason, a panic attack is a rapid bout of acute terror that generates significant bodily reactions. Panic episodes may be quite terrifying. You may believe you're losing control, suffering a heart attack, or even dying when panic attacks strike.

Many people only experience one or two panic attacks throughout their lives, and the condition fades away after the stressful circumstance is over. You may have panic disorder if you've had frequent, sudden panic attacks and spent lengthy amounts of time in constant terror of another attack.

Despite the fact that panic attacks aren't life threatening, they may be terrifying and have a substantial impact on your quality of life. Treatment, on the other hand, can be quite successful.

Symptoms

Chronic kidney disorder, additionally referred to as continual kidney failure, entails a slow lack of kidney feature. Your kidneys filter out the waste merchandise into your bloodstream, which might be then excreted on your urine. High kidney disorder can cause risky degrees of fluids, electrolytes and waste on your frame. In the early levels of continual kidney disorder, you can have few or no signs. You won't note that you have kidney disorder till the situation has improved. Treatment of continual kidney disorder makes a specialty of delaying similar kidney harm, commonly through controlling the purpose. However, controlling the purpose might also additionally save you kidney harm from continuing. Chronic kidney disorder can develop to kidney failure within the very last levels, which may be deadly without dialysis or kidney transplantation. Chronic Kidney Disease (CKD) affects more than one in every seven persons in the United States, with rates greater in low-income and racial/ethnic minority groups. And the majority of persons with CKD are completely unaware of their condition. The goal of Healthy People 2030 is to prevent, diagnose, and treat CKD. CKD patients are more prone to develop heart disease and stroke, as well as die young. Diabetes and high blood pressure can be managed to help prevent or delay CKD. Increasing the number of persons diagnosed with CKD early can help them get the treatment they require. Panic attacks usually strike unexpectedly and without notice. They can happen when you're driving, shopping at the mall, sleeping, or in the middle of a business meeting. You may experience panic episodes once in a while or on a regular basis.

There are many different types of panic attacks, but the symptoms generally peak within minutes. After a panic episode has passed, you may feel tired and worn out.

Some of the following indications or symptoms are common in panic attacks

- Palpitations and/or pounding heart
- Sweating
- Trembling or shaking
- Shortness of breath or a sense of being smothered
- Feelings of choking
- Chest pain or discomfort
- Nausea
- Feeling dizzy, unsteady, lightheaded, or faint
- Hot flashes or chills
- Numbness or tingling sensation
- Derealization (feelings of unreality) or depersonalization (feeling detached from oneself)
- Fear of losing control or "going crazy"
- Fear of dying

A limited-symptom panic attack occurs when a person feels fewer than four symptoms. Shortness of breath is the most prevalent symptom of limited-symptom panic episodes, which is caused by hyperventilation.

Panic attacks are distinct from other anxiety symptoms in that they occur suddenly. They are accompanied by acute anxiety or fear, as well as a strong urge to flee. Furthermore, panic is associated with immediate danger, but anxiety and worry are associated with the future.

A panic attack differs from a fear reaction, as previously stated. While both entail the fight-or-flight response, a fear response is triggered in response to a very real, apparent, and present danger, and it results in a true alarm. To put it another way, if a bear is following someone, there's a solid cause to be concerned! A panic attack, on the other hand, happens when there is no obvious and present threat. As a result, there is a false alarm. Even if it is a false alarm, the body will react in the same manner it would when a legitimate alarm is triggered. As a result, a person experiencing a false alert has the same feelings, cognitions, and emotions as someone experiencing a genuine alarm. The section on the Development and Maintenance of Anxiety Disorders has further information on panic attacks and false alarms.

One of the hardest aspects about panic attacks is the constant anxiety of having another one. You may be so afraid of panic attacks that you avoid circumstances where they may happen.

Causes

Although the exact causation of panic attacks and panic disorder is unknown, the following factors may have a role:

- Genetics
- Major stress
- Temperament that is more sensitive to stress or prone to negative emotions
- Certain changes in the way parts of your brain function

Panic attacks might strike quickly and without warning at first, but they're frequently brought on by specific conditions over time.

According to some study, panic episodes are caused by your body's normal fight-or-flight response to danger. If a grizzly bear charged at you, for example, your body would react automatically. As your body prepared for a life-threatening emergency, your pulse rate and respiration would quicken. In a panic attack, many of the same reflexes occur. However, no one knows why a panic episode happens when there is no visible danger.

Risk Factor

Panic disorder symptoms usually appear in late adolescence or early adulthood, and it affects more women than males.

The following factors may raise your chances of experiencing panic attacks or panic disorder:

- Panic attacks or panic disorder in the family
- Major life stressors, such as a loved one's death or critical sickness
- A traumatic experience, such as sexual assault or a serious automobile accident
- Major life changes, such as a divorce or the birth of a child
- Tobacco use or high caffeine consumption
- History of physical or sexual maltreatment as a youngster

Complications

Panic attacks and panic disorder can impair practically every aspect of your life if left untreated. You may be so frightened of having further panic attacks that you live in continual fear, causing your quality of life to suffer.

The following are some of the complications that panic attacks might cause or be associated to

- Specific phobias emerge, such as a fear of driving or leaving your house
- For health issues and other medical conditions, you should see a doctor on a regular basis
- Social situations are avoided
- Workplace or school issues
- Depression, anxiety disorders, and other psychiatric illnesses are all common
- Suicide or suicidal thoughts are more likely to occur
- Misuse of alcohol or other substances
- Financial difficulties

Some people with panic disorder avoid places or situations that cause them anxiety because they are afraid of not being able to flee.

Prevention

There is no way to guarantee that panic episodes or panic disorder will not occur. These suggestions, on the other hand, might be useful.

- To assist prevent panic attacks from getting worse or becoming more common, seek treatment as soon as feasible
- To avoid relapses or worsening panic attack symptoms, stick to your treatment plan
- Maintain a regular physical activity regimen, which may help to prevent you from anxiety