Panic Disorder

URL of this page: http://www.nlm.nih.gov/medlineplus/panicdisorder.html

Panic disorder is a type of anxiety disorder. It causes panic attacks, which are sudden feelings of terror when there is no real danger. You may feel as if you are losing control. You may also have physical symptoms, such as

- Fast heartbeat
- Chest or stomach pain
- Breathing difficulty
- Weakness or dizziness
- Sweating
- Feeling hot or a cold chill
- Tingly or numb hands

Panic attacks can happen anytime, anywhere, and without warning. You may live in fear of another attack and may avoid places where you have had an attack. For some people, fear takes over their lives and they cannot leave their homes.

Panic disorder is more common in women than men. It usually starts when people are young adults. Sometimes it starts when a person is under a lot of stress. Most people get better with treatment. Therapy can show you how to recognize and change your thinking patterns before they lead to panic. Medicines can also help.

*NH: National Institute of Mental Health*

**Start Here**

  Also available in Spanish [http://familydoctor.org/familydoctor/es/diseases-conditions/panic-disorder.printview.all.html]

**Overviews**

- Panic Attacks and Panic Disorder [http://www.mayoclinic.com/print/panic-attacks/DS00338/METHOD=print&DSECTION=all] (Mayo Foundation for Medical Education and Research)

**Diagnosis/Symptoms**

• Panic Attack Symptoms [http://www.adaa.org/understanding-anxiety/panic-disorder-agoraphobia/symptoms] (Anxiety Disorders Association of America)

Treatment
• Treatment for Anxiety Disorders [http://www.add.org/print/finding-help/treatment] (Anxiety Disorders Association of America)

Related Issues
• Panic Attack or Heart Attack? [http://www.womensheart.org/content/HeartDisease/panic_attack_or_heart_attack.asp] (Women's Heart Foundation)
  Also available in Spanish [http://www.womensheart.org/PDFs/G8_S-CrisisDePanicoOInfarto.pdf]

Health Check Tools

Clinical Trials
• ClinicalTrials.gov. Panic Disorder [http://clinicaltrials.gov/search/open/condition=%22Panic+Disorder%22] NIH (National Institutes of Health)

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Directories
• Find a Therapist [http://www.adaa.org/netforum/findtherapist] (Anxiety Disorders Association of America)

Organizations
• Anxiety Disorders Association of America [http://www.adaa.org/]
• NAMI [http://www.nami.org/]
  Also available in Spanish [http://www.nami.org/template.cfm?section=NAMI_en_espa%F1oI]
• National Institute of Mental Health [http://www.nimh.nih.gov/] NIH

MedlinePlus Magazine
Children
- Panic Disorder in Children and Adolescents [http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Panic_Disorder_In_Children_And_Adolescents_50.aspx] (American Academy of Child and Adolescent Psychiatry)

Women
- Panic Disorder and Women [http://womenshealth.gov/mental-health/illnesses/panic-disorder.html] (Department of Health and Human Services, Office on Women's Health)

Patient Handouts
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/000924.htm]
- Panic disorder with agoraphobia [http://www.nlm.nih.gov/medlineplus/ency/article/000923.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/000923.htm]

You may also be interested in these related encyclopedia pages:
- Panic disorder with agoraphobia [http://www.nlm.nih.gov/medlineplus/ency/article/000923.htm]

You may also be interested in these related MedlinePlus topics:

The primary NIH organization for research on Panic Disorder is the National Institute of Mental Health [http://www.nimh.nih.gov]


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