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## **Panic Attacks**

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Panic attacks are manifested by the sudden onset of intense apprehension, fear, or terror, often associated with feelings of impending doom. The most common symptoms experienced during an attack are listed below.

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|--|---------------------------------------|
| _____ Shortness of Breath  | _____ Heart palpitations              |
| _____ Chest pains, pressure, or discomfort   | _____ Choking or smothering sensation |
| _____ Dizziness or unsteady feelings   | _____ Feelings of unreality           |
| _____ Hot and cold flashes   | _____ Excessive sweating              |
| _____ Faintness, nausea and stomach problems   | _____ Trembling or shaking            |
| _____ Tingling in hands or feet and numbness in parts of the body                            |                                       |
| _____ Excessive fear of dying, going crazy, or doing something uncontrolled during an attack |                                       |

### **What is a Panic Attack?**

Panic attacks are manifested by clear periods of apprehension or fear; and at least four of the above symptoms appear during each attack.

### **What is a Panic Disorder?**

A panic disorder is at least three panic attacks within a three-week period in circumstances other than during physical exertion or in a life-threatening situation. Attacks are not caused by any other physical or mental disorder.