

Do you have questions?

Call our 24-hour Nurse Advice Line.
We are here to help you.



English:

(888) 275-8750

Español:

(866) 648-3537

TTY/TDD:

711

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Panic Attacks and General Anxiety Disorder

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Who is at risk of a panic attack?

Panic attacks often begin during teenage years or as a young adult. They are twice as likely to occur in women as they are in men.

What factors can cause a panic attack?

- You have sudden attacks of fear.
- You feel out of control.
- You have intense worry about the next attack.
- You have a fear of going back to the place where your panic attack occurred.

What are the symptoms of a panic attack?

One or more symptoms can begin quickly and last up to 20 minutes:

- Chest pain
- Racing heart
- Feeling of choking
- Sweating
- Chills

- Shaking
- Feeling dizzy
- Nausea

What is General Anxiety Disorder (GAD)?

If you worry constantly, you may have GAD.

How can you manage GAD?

- Learn to accept uncertainty.
- Talk to a family member or friend.
- Eat healthy meals and reduce caffeine intake.
- Become active! Find things you enjoy doing.
- Learn to relax with deep breathing.
- Talk to your provider.