

Panic Attacks and Panic Disorder

Physical symptoms include:



Chest pain.



Difficulty breathing.



Trembling or shaking.



Racing heart.



Sweating.



Nausea.

You may feel:



Intense terror.



A choking or smothering sensation.

If you've had symptoms of a panic attack, it's important to see a healthcare provider to be sure there's no physical underlying cause.

Panic Attacks

RJ Alexander



Panic Attacks:

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