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treatment is not
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Klein began having

panic attacks after

her mom died

when she was 16.

Over the years, she

says her anxiety

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led her into dark bouts of alcoholism and addiction, into long periods of isolation, and on many trips to the emergency room. Ten years ago, at age 53, she was still having frequent panic attacks, even though she had kicked her

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breathing. While

hyperventilating is

a symptom of

panic attacks that

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can increase fear,
deep breathing can
reduce symptoms
of panic during ...

2. Recognize that
you're having a
panic attack. By
recognizing that
you're having a
panic attack
instead of a ...

How to Stop a Panic Attack: 11

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Ways to Cope

Many people have just one or two panic attacks in their lifetimes, and the problem goes away, perhaps when a stressful situation ends. But if you've had recurrent, unexpected panic attacks and spent long periods in

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constant fear of another attack, you may have a condition called panic disorder.

Panic attacks and panic disorder -

Symptoms and causes ...

Between panic attacks there is a persistent,

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lingering worry that another one could come at any minute. Panic disorder symptoms are primarily centered around panic attacks. Panic attacks often ...

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emerging from either a calm or anxious state. It can include

symptoms such as sweating and dizziness.

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behavior to avoid the possibility of having another. In about 30 percent of cases, people drastically curtail their ...

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