

A panic attack is a sudden episode of intense fear that develops for no apparent reason and that triggers severe physical reactions. Panic attacks can be very frightening. When panic attacks occur, you might think you're losing control, having a heart attack or even dying.



You may have only one or two panic attacks in your lifetime. But if you have had several panic attacks and have spent long periods in constant fear of another attack, you may have a chronic condition called panic disorder. Panic attacks were once dismissed as nerves or stress, but they're now recognized as a real medical condition. Although panic attacks can significantly affect your quality of life, treatment is very effective.

Panic attack symptoms can make your heart pound and cause you to feel short of breath, dizzy, nauseated and flushed. Because panic attack symptoms can resemble life-threatening conditions, it's important to seek an accurate diagnosis and treatment. Panic attacks typically include a few or many of these symptoms:

- **A sense of impending doom or death**
- **Rapid heart rate**
- **Sweating**
- **Trembling**
- **Shortness of breath**
- **Hyperventilation**
- **Chills**
- **Hot flashes**
- **Nausea**
- **Abdominal cramping**
- **Chest pain**
- **Headache**
- **Dizziness**
- **Faintness**
- **Tightness in your throat**
- **Trouble swallowing**

Panic attacks typically begin suddenly, without warning. They can strike at almost any time — when you're driving the school car pool, at the mall, sound asleep or in the middle of a business meeting or as a result of the stock market performance.



Cloud attacks have many near-identical symptoms to what you experience with attacks on a server. Fast

