

Panic Disorder
by
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- Introduction
 - Bible verses
 - Psalms 56:3 – What time I am afraid, I will trust in thee.
 - I Peter 5:7 – Casting all your care upon him; for he careth for you.
 - Psalms 34:4 – I sought the Lord, and he heard me, and delivered me from all my fears.
 - Philippians 4:6-8 – Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.
 - Panic disorder

Panic disorder is an anxiety disorder characterized by extreme anxiety and such symptoms as:

 - rapid heartbeat
 - trembling
 - sweating
 - shortness of breath
 - chest discomfort
 - nausea
 - dizziness
 - feelings of unreality or detachment
 - fear of going insane

- fear of dying
- hot flashes or chills
- feeling of choking

It is more common in women, and the average age of onset is twenty-five years. It occurs more often in identical (monozygotic) versus nonidentical (dizygotic) twins. A recent stress such as marital separation may be a precipitant. The benzodiazepines such as alprazolam (Xanax, Niravam) and the SSRIs (Prozac, Paxil, Zoloft) have been used the most in treatment. Other treatments include SNRI, TCAs, beta-blockers, and cognitive/behavior therapy.

○ Panic disorder-like symptoms: medical causes

- hyperthyroidism
- MVP (mitral valve prolapse)
- pheochromocytoma of adrenal gland
- drugs
 - caffeine
 - psychostimulants
 - cocaine
- asthma
- angina
- cardiac arrhythmias
- hyperparathyroidism
- vestibular disease
- TIAs
- seizures

• Conclusion

○ Bible Verses

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