

## Panic and Anxiety Disorders

Lucas\*

**Received :** November 01, 2021; **Accepted :** November 19, 2021; **Published :** November 28, 2021

Department of Internal Medicine, St Johns  
Riverside Hospital, Yonkers, New York

Anxiety is a normal reaction to danger, the body's automatic fight-or-flight response that is triggered when you feel threatened, under pressure, or are facing a challenging situation, such as a job interview, exam, or first date. In moderation, anxiety isn't necessarily a bad thing. It can help you to stay alert and focused, spur you to action, and motivate you to solve problems. But when anxiety is constant or overwhelming—when worries and fears interfere with your relationships and daily life—you've likely crossed the line from normal anxiety into the territory of an anxiety disorder.

\***Corresponding author:** Lucas,  
Department of Internal Medicine, St Johns  
Riverside Hospital, Yonkers, New York

✉ lucas41@gmail.com

**Citation:** Lucas (2021) Panic and Anxiety  
Disorders. Med Case Rep Vol.7 No.11.215

Since anxiety disorders are a group of related conditions rather than a single disorder, symptoms may vary from person to person. One individual may suffer from intense anxiety attacks that strike without warning, while another gets panicky at the thought of mingling at a party. Someone else may struggle with a disabling fear of driving, or uncontrollable, intrusive thoughts. Yet another may live in a constant state of tension, worrying about anything and everything. But despite their different forms, all anxiety disorders illicit an intense fear or worry out of proportion to the situation at hand.

through comprehensive treatment is the best recovery strategy.

While having an anxiety disorder can be disabling, preventing you from living the life you want, it's important to know that you're not alone. Anxiety disorders are among the most common mental health issues—and are highly treatable. Once you understand your anxiety disorder, there are steps you can take to reduce the symptoms and regain control of your life. Physical symptoms of an anxiety disorder can be easily confused with other medical conditions, like heart disease or hyperthyroidism. Therefore, a doctor will likely perform an evaluation involving a physical examination, an interview and lab tests. After ruling out an underlying physical illness, a doctor may refer a person to a mental health professional for evaluation.

Panic disorder have sudden anxiety attacks can cause overwhelming physicals symptoms, such as feeling shaky or jittery, trembling, a racing heart rate, and shortness of breath. Panic attacks can happen any time. They're more common in teens than kids.

Selective mutism is extreme form of social phobia causes kids to be so afraid they don't talk. Kids and teens who have it can talk. And they do talk at home or with their closest people. But they refuse to talk at all at school, with friends, or in other places where they have this fear.

Using the Diagnostic and Statistical Manual of Mental Disorders (DSM) a mental health professional is able to identify the specific type of anxiety disorder causing symptoms as well as any other possible disorders that may be involved. Tackling all disorders

Specific phobias means It's normal for young kids to feel scared of the dark, monsters, big animals, or loud noises like thunder or fireworks. Most of the time, when kids feel afraid, adults can help them feel safe and calm again. But a phobia is a more intense, more extreme, and longer lasting fear of a specific thing. With a phobia, a child dreads the thing they fear and tries to avoid it. If they are near what they fear, they feel terrified and are hard to comfort.

### Acknowledgement

None

### Conflict of Interest

None