



# Stop Panic Attacks

INFORMATION & SUPPORT FOR  
YOU TO GET RELIEF FROM  
STRESS AND ANXIETY

Agoraphobia  
[anxiety](#)  
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## Panic, Anxiety & Agoraphobia

All of us would have heard of the term "mental health". What most people don't realize is the extent this medical condition is underestimated. Statistics undertaken by the World Health Organization, the World Bank, and Harvard University has identified that mental illness, including suicide, depression, [anxiety](#) and stress ranks as the number two burden of disease in established economies, such as the United States.

Almost 65% of persons with mental disorders don't seek treatment. When the community as a whole recognizes and understands that mental health disorders aren't caused by a limited will power or an individual's mood, nor the result of moral failings, but are in fact are legitimate illnesses that can be treated, much of the negative stereotyping may disappear.

Most people have heard of mental disorders, and are under the false pretense that only specific people become afflicted with these conditions. This however, is far from the reality. Mental disorders include panic attacks, [anxiety](#) disorders and social anxieties as well. These attacks can vary from a mild discomfort or phobia to a overwhelming and debilitating agoraphobia - which is a condition that can pertain to anyone.

Picture this, your life is going along its merry path when all of a sudden and without any warning, you are overcome by a feeling of terror and start to [panic](#). You feel helpless to do anything about it, and weak. Your heart thumps faster and you having a hard time breathing. Your first thought could be "am I having a heart attack?" or "am I about to die?" But when you go and see the doctor, you might be told physically there is nothing wrong with you.

A second attack, and you begin to wonder what's wrong with you. You find that certain situations will bring on these attacks and this is your first clue that you're experiencing a [panic](#) attack. Panic attacks are not physical conditions, which is why your doctor may have had trouble diagnosing your condition.

What is agoraphobia? Agoraphobia is a mental condition that escalates gradually. It generally occurs after a panic attack. After your first panic attack you may subconsciously be preparing yourself for another and thus fearing the symptoms that will leave

you feeling helpless. This spiral of panic attacks and an impending panic attack can cause you to change your entire lifestyle just to avoid those feelings of terror.

So agoraphobia is the condition where an individual doesn't want to go anywhere or be put in situations where they could become exposed to a panic attack. The very word [agoraphobia](#) itself lets us know the nature of this debilitating condition. 'Agora' comes from the Greek language and it means places where people meet, or a marketplace. 'Phobia' is a fear of something. So agoraphobia is the condition described where people fear of being in crowded places.

Panic attacks can occur anywhere at anytime, and people generally associate the first place that they feel helpless as perhaps the reason for their terror. Someone who suffers from agoraphobia will go out of their way to avoid these places and types of situations. On the extreme end, they may become self-induced house bound. This unhealthy lifestyle can in itself trigger agoraphobic attacks to occur in everyday normal situations. The increased heart rate may also cause a panic attack because you may think that you're having a heart attack.

As you can see this is a terrible and debilitating mental condition. For those that sufferer panic attacks, they should seek the medical advice of doctors who specialize in these type of mental disorders.