

Published based on [Learn of Ways To Stop Anxiety Attacks](#)

Learn of Ways To Stop Anxiety Attacks

Millions of people around the globe have anxiety attacks. For individuals in America, the problem is serious and for some, their world has been completely changed.

If you are one of those people, chances are you feel as if your life is spiraling out of control but by having a consultation with your doctor, you will learn about how to [stop anxiety attacks](#) and the different treatment options so you can once again enjoy life. With this, life at home, work, or even school will be greatly improved.

The symptoms associated with anxiety attacks are varied but the most common include mood swings, chest tightness or pain, problems with digestion, irritation, fast heart rate, and much more. Obviously, this is scary but your doctor will start by conducting tests to confirm you have an anxiety disorder and that no other problem is occurring. Once confirmed, you will be provided with several treatment options and your doctor will guide you to the one he/she feels will be best for you.

The good news is that because so many people have this problem, a lot of research has been done by scientists and medical professionals, looking for triggers. Although people have different input, most feel inheritance is an issue. In addition, most experts agree that an imbalance of chemicals in the brain, as well as post traumatic stress disorder is involved. Although more studies are needed, most experts feel the answer is not far in the future.

Within the brain are neurotransmitters that contain chemicals. These transmitters are responsible for sending out signals to other parts of the body. Therefore, when these chemicals are imbalanced, the signals are disrupted, causing the onset of an anxiety attack. Then, if faced with divorce, death, major illness, or even an experience such as a loved one fighting in war, some people have trouble coping, which leads to post traumatic stress disorder and anxiety attacks.

If you have anxiety attacks, even if infrequently, you probably have symptoms of chest pain, headache, and even digestive problems. This disorder is very serious and some people have experienced anxiety attacks so horrific that they believe they are having a heart attack. In fact, this intensity has led some people to call 911 for an ambulance.

The key is to sit down with your doctor so you can discuss different treatment options. Soon, you will be on your way to a better life once you and your doctor [stop anxiety attacks](#) from occurring.

You can also find this article published on [Learn of Ways To Stop Anxiety Attacks](#), and on the tag pages [anxiety attacks](#), [panic attacks](#), [stop anxiety](#), [stop anxiety attacks](#), [stop panic attacks](#).