

Panic Attack Medication Treatment

Learn about the pros and cons of panic attack medication treatment. It may serve as a way to get relief from the problem, however, you'll need to look at both sides of the issue to see if it is right for you.

May 24, 2009 - [PRLog](#) -- There are many existing panic attack medication available on the market, however, it is extremely important that you only proceed with the treatment under the supervision and authorization of a medical professional. You can get such medication from other people including on the black market but that isn't a good idea. You need to be able to work with a medical professional so that they right medication is given in the right dose. Generally you will start out low and then increase to where you need to be with it.

Patience is the key when you're finding the right panic attack medication that is going to work for you. It can take at least four weeks and up to eight weeks before the full benefits are known. You may be frustrated waiting that length of time to see if you get results but it is wise to do so. Never stop taking any panic attack medication without letting your doctor know.

You must be committed to taking such medication as prescribed. Don't forget to do so on a daily basis. You also need to make sure you take the right dose of it. There are some well known side effects often associated with the use of panic attack medication though and that is a prime reason why people don't want to use it. These side effects include nausea, headaches, and insomnia. They should go away as time goes on. You may have an allergic reaction, so let your doctor know if you develop a rash, fever, or vomiting when you take panic attack medication.

There are different categories of panic attack medication that you may be prescribed. The most common ones are called antidepressants. They include Paxil, Zoloft, Prozac, and Tofranil. This is generally going to be the type of medication your doctor will start you out with. If the results aren't positive then the next category of panic attack medication that will be offered are tranquilizers. Some common ones include Ativan, Klonopin, and Xanax.

It is imperative that you follow all the directions that your doctor gives you. If you don't understand something then take the time to ask. Keep all of your follow up appointments as well. This way the true benefits of the panic attack medication can be evaluated. Depending on the situation you may have to take this medication for a short period of time. For others, it may be a daily need for the rest of their life to keep panic attacks at bay.

When the time does come to be taken off such medications, your doctor will help you with a plan to do so. The secret to avoiding withdrawal symptoms including nausea, vomiting, shaking, and mood swings is to taper off the dose of it slowly. The reduction of panic attack medication in this way will ensure you don't suffer adverse effects in the process.

For more information, visit us at:

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Bill Kaine is a self-help coach on panic attacks. He enjoys writing about the topic and keeping up with researches in the area of anxiety disorder. <http://www.panicattackpedia.com>

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Source Bill Kaine
City/Town West Palm Beach
State/Province Florida
Zip 34611
Country United States
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