

Agoraphobia and Panic Attacks

Agoraphobia is defined as the fear of public places and open areas. What does this have to do with panic attacks? Certainly, agoraphobics can have anxiety attacks if forced into such a public place or open area. However, modern medical thinking has revised their assessment of both agoraphobia and panic attacks. Where once panic attacks were thought to be caused by agoraphobia, today, the reverse is suspected. Modern medical professionals believe that agoraphobia actually stems from having panic attacks, rather than vice versa.

What does this mean for you? How does this new scenario work? Consider the fact that most agoraphobics avoid places that are filled with other people because they are afraid of having a panic attack there, rather than being afraid of the people or the place in general. In addition, consider the fact that having a panic attack in an area where help is not available, such a wide open space, can certainly make you want to avoid such areas. Over time, this avoidance turns to fear, which turns to a phobia.

Do you have agoraphobia? If you have suffered from panic attacks at all, it is certainly possible that you have agoraphobia. Do you avoid being far from home at any point in your day? Do you avoid going anywhere without the company of someone with whom you feel safe? Perhaps you avoid going to places where you consider “escape” an impossibility, such as a crowded restaurant or store. Maybe you avoid physical exertion because you fear that strenuous activity will trigger another attack. Do you avoid driving because you fear having a panic attack behind the wheel?

If you answered yes to any of the above listed questions, you might have agoraphobia. However, rather than seeking medical treatment for that condition, you should instead find treatment options for panic attacks or panic disorder. These underlying conditions actually cause your agoraphobia, so treating them will also treat your other problem. You should also understand that genetics might play a role in your propensity to suffer from agoraphobia and panic attacks. Finding help for these conditions is vital – you will find any number of options available, including prescription medication, relaxation techniques and more.

You can find a natural treatment for panic attacks and anxiety disorder by [clicking here](#). This powerful method offers you immediate benefits and will help you avoid potentially harmful medications.