



## PANIC DISORDER IN MEN: A ONE-PAGE INFORMATION SHEET

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### EPIDEMIOLOGICAL STATISTICS

- **Prevalence:** Panic Disorder affects approximately 2-3% of men worldwide during their lifetime.
- **Onset:** Typically emerges in late adolescence to early adulthood, though it can occur at any age.
- **Gender Differences:** While women are twice as likely to be diagnosed, men often underreport symptoms, leading to delayed diagnosis.
- **Comorbidity:** Commonly co-occurs with other mental health conditions such as depression, substance use disorders, and other anxiety disorders.

### SIGNS AND SYMPTOMS

Panic Disorder is characterized by recurrent, unexpected panic attacks and persistent worry about future attacks. Symptoms include:

#### PHYSICAL SYMPTOMS

- Racing or pounding heartbeat (palpitations)
- Sweating
- Trembling or shaking
- Shortness of breath or a feeling of choking
- Chest pain or discomfort
- Nausea or abdominal distress
- Dizziness or lightheadedness
- Chills or hot flashes
- Numbness or tingling sensations

#### PSYCHOLOGICAL SYMPTOMS

- Intense fear of losing control or "going crazy"
- Fear of dying
- Feeling detached from reality (derealization) or oneself (depersonalization)

#### BEHAVIORAL SYMPTOMS

- Avoidance of situations associated with panic attacks
- Reluctance to leave home or safe spaces (agoraphobia, in some cases)



## EMPIRICALLY VALIDATED TREATMENTS

Effective treatments for Panic Disorder include both psychological and pharmacological interventions:

### PSYCHOLOGICAL TREATMENTS

1. **Cognitive Behavioral Therapy (CBT)**
  - Focuses on identifying and challenging catastrophic thoughts.
  - Teaches coping strategies to manage and reduce panic symptoms.
2. **Exposure Therapy**
  - Gradual exposure to feared sensations or situations to reduce avoidance and anxiety.

### PHARMACOLOGICAL TREATMENTS

1. **Selective Serotonin Reuptake Inhibitors (SSRIs)**
  - Examples: Sertraline, Paroxetine
  - First-line pharmacological treatment.
2. **Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs)**
  - Example: Venlafaxine
  - Effective for reducing panic symptoms.
3. **Benzodiazepines** (short-term use only)
  - Examples: Alprazolam, Lorazepam
  - Used for immediate relief during acute panic episodes.

### LIFESTYLE AND SUPPORTIVE STRATEGIES

- Regular physical exercise
- Stress management techniques (e.g., mindfulness, yoga)
- Psychoeducation and support groups

## KEY TAKEAWAY

Panic Disorder in men is often underrecognized but is highly treatable. Early intervention with evidence-based therapies can significantly improve quality of life. If you or someone you know is experiencing symptoms, seeking professional help is a vital first step.

**BOOK A SESSION**

### REFERENCES

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