

Patient information from BMJ

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Panic attacks: questions to ask your doctor

If you think you are getting panic attacks, you should see your doctor, as treatments can help. Here are some questions you might want to ask:

- Are my symptoms caused by panic attacks - or something else?
- Do I need any tests?
- Do I need to see a specialist?
- Will I get better?
- Which treatment is best for me?
- Are there any treatments other than drugs that might help me?
- Do the treatments have side effects?
- How long will I need to have treatment?
- Will my panic attacks come back?
- Is there anything I can do to help myself?

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