

**UNIVERSITY OF HOUSTON HEALTH CENTER**

**-HEALTHBERRY-**

[www.uh.edu/admin/hc](http://www.uh.edu/admin/hc)

**PANIC DISORDER**

Panic disorders are described as episodes of intense fear, often recurrent and unpredictable, which are associated with pounding heart, sweating, trembling, rapid breathing, choking sensations, chest discomfort, numbness, and tingling. An interesting sidelight is the derivation of the word "panic" from the Greek god "Pan", a mischievous woodland satyr, who took great delight in hiding behind trees in the forest between Athens and Sparta. When unwary merchants traveled along, Pan would leap out from behind the trees: Hence, they were "Panicked"!

Treatment is aimed at the return to a feeling of "well-being". Strive to recognize the symptoms, and then understand the physiologic changes that occur. Slow your breathing; relax your muscles; attempt to develop insight into the precipitating causes; and always remember we are ready to help you at the Health Center.



**Healthfully yours,**

**Dr. Healthberry**

---

For questions or comments you can;

Write "Healthberry" at  
University Health Center  
100 UH Health Center  
Houston, Texas 77204-3019

E-Mail "[Healthberry](mailto:JMGray2@central.uh.edu)" at [JMGray2@central.uh.edu](mailto:JMGray2@central.uh.edu)  
Fax "Healthberry" at (713)743-5164.