

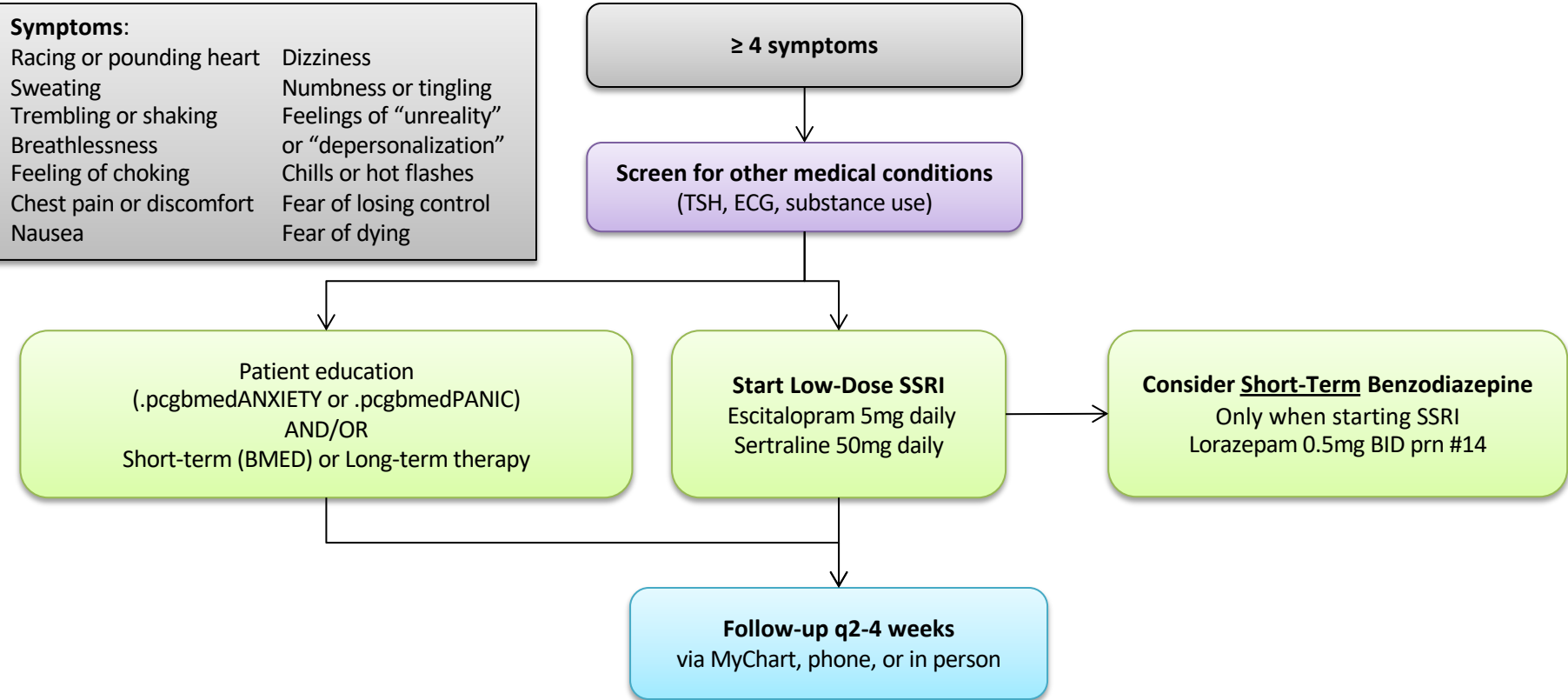
Adult Panic Screening and Management

Panic Attack: Sudden, intense fear or discomfort with 4+ panic symptoms; symptoms peak within 10 mins

Panic Disorder: Recurrent panic attacks with fear of having another panic attack and/or avoidance behavior related to the attacks

Symptoms:

- Racing or pounding heart
- Sweating
- Trembling or shaking
- Breathlessness
- Feeling of choking
- Chest pain or discomfort
- Nausea
- Dizziness
- Numbness or tingling
- Feelings of “unreality” or “depersonalization”
- Chills or hot flashes
- Fear of losing control
- Fear of dying



Sertraline (Zoloft) 25 mg/d x 1 wk → 50 mg/d → max 200 mg/d
 Escitalopram (Lexapro) 5 mg x 1 wk → 10 mg/d → max 20 mg/d

SSRI CYP450 2d6. Benzos increase sertraline. Lower dose needed in 10% of Blacks. \$9-20
 SSRI CYP450 2c19. Lower dose needed in 15% of Asians. \$10-60