



# Surviving Panic Disorder: What You Need to Know

*M.D. Stuart Shipko*

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# Surviving Panic Disorder: What You Need to Know

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## **Surviving Panic Disorder: What You Need to Know** M.D. Stuart Shipko

Dr. Shipko presents his medical specialist knowledge of panic disorder in a format understandable to the non-medical researcher. This book provides sound, proactive advice to assist in self-help and enable patients to work most effectively with their physicians. Surviving Panic Disorder: What You Need to Know provides vital information for anyone who may have panic disorder. Among the key topics discussed: Is this really panic disorder? Key features in diagnosis What medical evaluation do I need? General and specific considerations. What is the role of gastroesophageal reflux in panic disorder? Reflux related heartburn and sinusitis are commonly a part of panic disorder. Should I use medications? If so, which are the best ones? Is this inherited? What if I get pregnant? What is the cause of panic disorder? It is a chemical imbalance? Surviving Panic Disorder: What You Need to Know is a guide to this information most important to those who may have panic disorder.

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