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## HYPERVENTILATION SYNDROME

### SIGNS & SYMPTOMS

#### General

Fatigability, weakness, sleep disturbance, sensation of feeling cold, excessive sweat.

#### Neurologic

Headache, light-headed, dizziness, blurred vision, giddiness, confusion, numbness and tingling of distal extremities and around the lips, unsteadiness, impaired concentration, syncope

#### Cardiovascular

Palpitations, tachycardia, chest pain mimicking angina

#### Respiratory

Feeling like you can't get enough air, sighing, yawning, deep labored breathing, frequent throat clearing

#### Musculoskeletal

Tremors, myalgia, cramps, carpopedal spasm, tetany

#### Gastrointestinal

Aerophagia, globus hystericus, belching, flatus, dry mouth, bloating, dysphagia, nausea, abdominal discomfort

#### Psychogenic

Anxiety, tension, depersonalization, phobias, panic attacks

## PANIC ATTACKS & PANIC DISORDER

### DIAGNOSTIC CRITERIA

- At some time during the disturbance, one or more panic attacks (discrete periods of intense fear or discomfort) have occurred that were: 1) unexpected, i.e., did not occur immediately before or on exposure to a situation that almost always caused anxiety, and 2) not triggered by situations in which the person was the focus of others attention.
- Either four attacks (as defined in the above criterion) have occurred within a 4-week period, or one or more attacks have been followed by a period of at least a month of persistent fear of having other attacks.
- At least four of the following symptoms developed during at least one of the attacks:
  - 1) Shortness of breath (dyspnea) or smothering sensation
  - 2) Dizziness, unsteady feelings or faintness
  - 3) Palpitations or accelerated heart rate (tachycardia)
  - 4) Trembling or shaking
  - 5) Sweating
  - 6) Choking
  - 7) Nausea or abdominal distress
  - 8) Depersonalization or derealization
  - 9) Numbness or tingling sensations (paresthesias)
  - 10) Flushes (hot flashes) or chills
  - 11) Chest pain or discomfort
  - 12) Fear of dying
  - 13) Fear of going crazy or doing something uncontrolled

**NOTE:** Attacks involving four or more symptoms are panic attacks; attacks involving fewer than four symptoms are limited to symptom attacks.

During at least some of the attacks, at least four of the 13 possible symptoms noted above develop suddenly and increase in intensity within ten minutes of the beginning of the first symptom noticed in the attack.

It cannot be established that an organic factor initiated and maintained the disturbance, eg. Amphetamine or caffeine intoxication, hyperthyroidism.

**NOTE:** Mitral valve prolapse may be an associate condition, but does not preclude a diagnosis of panic disorder.