

## Health Literacy: Challenges & Solutions Creating Easy-to-Understand Materials Exercise

Use the information below to create an Easy-to-Understand bookmark:

**Bookmark Topic:** Panic Disorder

**Bookmark Goal:** Direct patients to NIMH Panic Disorder Resources

**Potential Bookmark Content:**

Panic disorder is a real illness that manifests itself in sudden bursts of fear in those that suffer with it. Some symptoms of panic disorder are: profuse perspiration, chest pains or racing heart, difficulty breathing, experiencing the sensation of asphyxia, vertigo, stomach pain and nausea, shaking and trembling, and feeling out of control.

Onset of panic disorder usually occurs in young adulthood, between 18-24 years of age. Frequently the onset occurs in conjunction with a stressful event such as the loss of a loved one or after a move or having a baby. More women than men experience the disorder and it can be hereditary. It can last for a few months or for many years. 2.4 million Americans have panic disorder. Fortunately, panic disorder can be treated with medicine or therapy or both.

The National Institute of Mental Health (NIMH) website provides information on panic disorder:

<http://www.nimh.nih.gov>

(866) 615-NIMH

[nimhinfo@nih.gov](mailto:nimhinfo@nih.gov)