



## News Release

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### **Do You or Someone You Love Suffer from Panic Disorder?**

**Tampa, Fla. (November 1, 2007).** Panic disorder is a real illness that can happen at any time and any place without any warning. The first time it happens could be while you are at work, in a store, at a game or even while driving a vehicle. While a panic attack doesn't last very long, most people become so frightened that it seems to them that the attack lasts for a very long time. Then, the person who has experienced the attack finds that they begin to worry about having another one. Sometimes the person then begins to avoid certain situations or even becomes frightened of leaving their home or driving their car. While in any given year, 2.4 million Americans experience panic disorder, most people do not know what is happening to them when they become one of the many who suffer from panic disorder. Ask yourself these questions:\*

- Do you have sudden bursts of fear for no reason?
- Do you feel awful when they happen?
- Have you had any of the following problems during these sudden bursts of fear\*:
  - Chest pains or a racing heart\*
  - Hard time breathing\*
  - Choking feeling\*
  - Dizziness\*
  - Profuse sweating\*

- Stomach problems or nausea\*
- Shaking, trembling, or tingling sensations\*
- Feeling out of control\*
- Feeling “unreal”\*
- Fear of dying or going “crazy”\*

**\*Remember to see your physician to make sure there is not some medical factor contributing to these symptoms. If the doctor rules out anything physical, it might be a good idea to see the EAP. You can get more information by going to the National Institute of Mental Health (NIMH) website at <http://www.nimh.nih.gov>. If you call 1-866-615-6464, you will get free information about panic disorder mailed to you. You can also go to MedLinePlus for more information at the following website:  
<http://www.nlm.nih.gov/medlineplus/panicdisorder.html>.**

**Remember that the Employee Assistance Program (EAP) is a benefit available to all employees and dependents of companies contracted with Wood & Associates for providing confidential free professional assistance 24-hours a day, 7 days a week. Remember that you or a dependent may contact the EAP regarding any concern that you might have – you don’t have to wait until a problem becomes big to seek help. Above all, keep in mind that concerns develop over time but the way you address them can be changed. So, if you are struggling with what you think might be panic disorder, help in dealing with another about whom you are concerned, help is just a phone call away.**

#### **About Wood & Associates**

**Wood & Associates is an Employee Assistance Program and behavioral health consulting firm that helps employers maintain productivity, safety and behavioral health in the workplace. Wood & Associates is a pioneer in the Employee Assistance Program (EAP) industry and has served employers and employees in the greater Tampa Bay area and nationwide since**

**1982. The firm's diverse group of clients includes a number of major employers who also contract for its mental health and substance abuse services.**

**Gary L. Wood, Psy.D., founder of the Wood & Associates consulting practice, is a pioneer in the field of Employee Assistance Program (EAP) services. Since 1979, his practice has centered on providing solutions to employee and organizational problems. Wood is a licensed clinical psychologist, a member of the National Register of Health Service Providers in Psychology, and a graduate of Rutgers University, West Georgia College and Mercer University.**

**Patricia N. Alexander earned a Ph.D. in mental health counseling at the University of Florida. Trained in critical incident stress management through the International Critical Incident Stress Foundation, she is a Florida Licensed Mental Health Counselor and nationally certified counselor. Through her work experience she has addressed all types of critical incident situations, including explosions, multiple homicides, suicides, line-of-duty deaths, serious accidents and robberies. Alexander conducts training on stress management for law enforcement and businesses, and has developed peer support programs for law enforcement and industry. Alexander is an educator and consultant on a wide variety of behavioral health concerns.**