

Understanding Panic Attacks & Panic Disorder For Effective Management



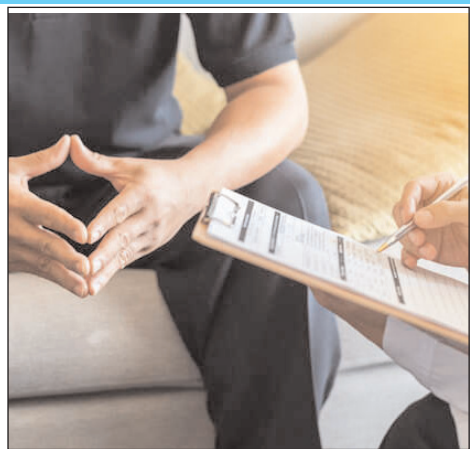
so feel disconnected from reality (derealisation) or detached from oneself (depersonalisation), etc.

Panic Attacks Vs. Panic Disorder
Panic Disorder (PD) is characterised by recurrent, unexpected panic attacks that occur without a clear trigger. Hence, not all panic attacks meet the criteria for a panic disorder nor do all lead to the condition.

It is possible for an individual to experience panic attacks when confronted with known triggers (Expected Panic Attacks), such as heights or closed spaces.

It can occur in isolation as a result of stressful events, situations, or overwhelming circumstances in their lives. For instance, an individual might experience a panic attack on hearing about the loss of a close friend. As they grieve through the loss, they might not experience the condition again.

Panic attacks can frequently occur in the background of other mental health conditions such as Generalised Anxiety Disorder, OCD, depressive disorder, and even personality disorders.



When the recurrent attacks are caused as a bodily response to a substance consumed (like recreational drugs or medications) or another medical condition (hyperthyroidism), they won't be considered as Panic Disorder.

What Causes Panic Disorder?

Neuroimaging studies show that the fear circuit of the brain, particularly the part called the amygdala, which processes emotions such as fear and anxiety, is overactive in people with panic disorder. Current understanding also suggests that abnormalities in the hypothalamic-pituitary-adrenal (HPA) axis, which controls the body's stress response, may be involved in the development of panic disorder. However, further research is needed to fully understand the neurobiological mechanisms underlying panic attacks and panic disorder.

Treatment Options

Therapeutic interventions offered by mental health professionals are crucial for managing panic attacks. Cognitive Behavioral Therapy (CBT) and Psychodynamic

Therapy have proven roles in helping patients deal with thoughts of intense fear. Relaxation techniques, which incorporate mindfulness practices, meditation, and emerging therapies such as Virtual Reality also demonstrate substantial evidence in reducing the symptoms of panic and aborting the attack early.

Oftentimes, these attacks can be so severe that an individual might feel too incapacitated to make use of a psychological intervention or relaxation techniques. In such instances, medications are effective in relieving these acute symptoms. Medications can also help in improving mood and reducing anxiety, when panic attacks occur in the background of other disorders like depression or other anxiety disorders.

Prevention

According to mental health professionals, the frequent presentation of those suffering from panic attacks does not meet the criteria for panic disorder. For recurring unexpected panic attacks to be diagnosed as a panic disorder, they must be associated with more than a month of persistent worry about:

Having another attack, or going through the aftermath of an attack, like losing control, worrying about having a heart attack, or worrying about dying; and

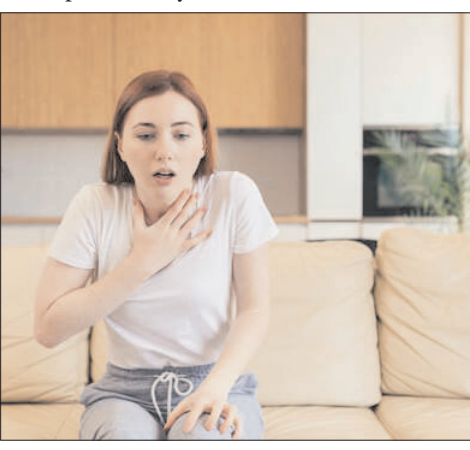
Significant changes in behaviour due to the attack. These might include, for instance, quitting a job or avoiding social events.

Getting timely help and managing a panic attack effectively can prevent this disruptive mental state. These strategies involve seeking regular treatment, identifying the underlying causes of these attacks, incorporating healthy lifestyle changes, and educating patients and their families about this condition.

Astonishingly, the global incidence of panic attacks has increased by 55% from 1990. Today, approximately 4.05% of the global population suffers from some kind of anxiety disorder (Javaid et al., 2023). To add to these figures, panic attacks can occur out of the blue, affecting anyone, anywhere. Individuals mostly report feeling as if they are getting a cardiac attack and seek cardiologist intervention, as the fear of dying and the thought of 'going crazy' go hand in hand with a panic attack.

What Is A Panic Attack?

A panic attack is a sudden and overwhelming surge of intense fear or extreme discomfort that typically reaches its peak within a matter of minutes. During a panic attack, individuals may experience a range of distressing symptoms, such as palpitations, profuse sweating, shaking, feelings of being smothered, a choking sensation, discomfort in the chest, nausea, light-headedness, chills or heat sensations, numbness or tingling in various parts of the body. The individual might al-



A Dermat Explains How To Pick The Right Sunscreen As An Indian Woman

With the increasing awareness about sun damage and its effects on skin health, choosing the right sunscreen has become an essential part of skincare. As a dermatologist, I often get asked how to navigate the plethora of sunscreens on the market. Here's a breakdown of the key factors to consider when selecting the best sunscreen for your skin.



of 50 blocks 98% of UVB rays but no sunscreen can block 100%. For everyday use, SPF 30 is typically sufficient if you are mostly indoors.

For outdoor activities consider SPF 50 or higher, especially if you're exposed to intense sunlight for extended periods. PA factor - PA rating is to assess the level of protection against UVA rays. Look for sunscreens offering PA ratings of +++ or ++++.

Skin Type
Sunscreens are formulated for different skin types, and choosing one tailored to your skin can make a big difference.

If you have oily or acne-prone skin look for matte sunscreens which are oil-free, non-comedogenic formulations. Gel-based or water-based sunscreens are often more suitable.

For Dry skin: Choose sunscreens with moisturising ingredients like glycerin

hyaluronic acid or vitamin C. Cream-based sunscreens can provide added hydration.

In case you have sensitive skin, physical (mineral) sunscreens with zinc oxide or titanium dioxide are your best bet because they are less likely to irritate sensitive skin. Avoid sunscreens with fragrances, alcohol, or chemical filters like oxybenzone.

Water Resistance
If you plan to swim or sweat heavily, opt for water-resistant sunscreens. Keep in mind that no sunscreen is completely waterproof, so reapplication every 40 to 80 minutes is crucial. Look for "water-resistant (40 minutes)" or "Water-Resistant (80 minutes)" on the label.

Formulation Preference
Sunscreens come in various forms—creams, lotions, gels, sticks, and sprays. Your choice should depend on skin type and surface area of application and your lifestyle.



Lotions and creams: Best for dry skin and larger areas.
Gels: Ideal for oily skin type or acne prone skin.
Sprays: Convenient for on-the-go application, but be sure to apply enough for full coverage.
Sticks: Great for small areas like the face or for reapplication. Do not use the as your first application.

Best Practices To Start A Sustainable Online Business



tomers get rewarded whenever they send over the empties back to the company. Allowing customers to become a part of the process builds trust and enhances relationships. For example, brands like Plum Goodness have a recycling program where one can send over empties and snag points.

Plastic Wraps
A recent brand on the block which is Kriti Sanon's skincare line Hyphen maintains a zero-plastic footprint throughout its manufacturing process. Brands can consider and imbibe innovative tactics when it comes to reducing plastic and creating eco-friendly wraps while packaging. Making sustainable practices a foundational virtue will help strategize the plan ahead.

Bringing Value
If your brand delivers quality and positively impacts the environment, then customers will throw their credit cards at you. Educate your customers and let them know what you stand for.

Collaborations
To be honest, collaborations and campaigns can be a hit or miss. Let's take an example of a clothing brand - To forge its commitment to take its sustainable initiative forward clothing brand 'Summer Somewhere' has associated with 'Re-cycle' an organization that helps brands with waste management. If the brand collaborates with sustainable fashion enthusiasts or influencers then it can leave its dent for sure. Working with NGOs can be very helpful too.

Support And Encourage Employees
The board can create appropriate policies to support employees as they navigate and work towards maintaining sustainability in the office as well. Inducing green thinking in the company culture helps. The company can install solar panels, become paperless, lower electricity consumption, get some plants for the office, support remote work, promote public transport or carpooling if needed and work towards building efficiency in the workplace ecosystem.

Some consumers are very much willing to change their consumption habits in this upcoming decade and it is in the brand's favour to align with the same thought. Change is inevitable and can help brands stay relevant.

8 Self-Care Strategies That Every Breastfeeding Indian Mom Needs



milk supply.

Ensure Physical Care
Maintain personal hygiene and take care of your body. Regularly wash your breasts and ensure that they are dry to avoid infection. Use nipple creams if you experience soreness. Do some exercise; yoga can help with physical recovery and stress relief.

Self-care strategies for breastfeeding moms - surround yourself with a support system

Use Your Support System
Surround yourself with a support system. Engage with family members, join breastfeeding support groups, or connect with other new moms. You can share your experiences and offer advice that gives you emotional comfort and practical tips.

Prioritise Your Mental Health
Be aware of your mental health. The postpartum period can be emotionally taxing, so engage in activities that bring you joy and relaxation. Practising mindfulness or meditation helps manage stress and anxiety.

Adopt Traditional Practices
Incorporate Ayurvedic practices of consuming warm food and using ghee and include spices such as turmeric in your diet.

Get Professional Guidance
Take advice from lactation consultants or healthcare providers if you are facing breastfeeding challenges. They can also provide valuable support and solutions.

In summary, combining all the traditional Indian practices with a modern self-care strategy helps breastfeeding moms.

Self-care is important for every new mother, especially for breastfeeding norms who always prioritise their baby's needs over their own. For Indian moms, incorporating cultural practices can enhance their wellbeing.

Here are some essential healthcare strategies for breastfeeding Indian moms...

Self-care strategies for breastfeeding moms - eat a balanced diet

Ensure You Eat Right
Traditional Indian diets are rich in nutrition, but breastfeeding moms need to focus on foods that boost milk production, such as fenugreek seeds, sesame seeds, and leafy greens. Be sure that you consume a va-

riety of protein, vitamins, and minerals. Dal, paneer and khichdi (above) can be beneficial.

Get Enough Rest and Sleep
Adequate rest is important. Try to sleep when your baby sleeps, and do not hesitate to ask for help from family members. A short nap during the day can also help replenish your energy.

Self-care strategies for breastfeeding moms - stay hydrated

Stay Hydrated
Staying hydrated is key for milk production. Drink a lot of water, even coconut water, and herbal teas such as cumin. Try to avoid caffeine and sugary drinks that could affect your

