

Asthma and Panic Attacks – knowing the difference

The start of an asthma attack and a panic attack can be very similar and it can be hard to know the difference. Both involve feeling anxious! It makes sense that asthma can increase symptoms of anxiety, and anxiety can increase symptoms of asthma. Knowing the difference and how to manage anxiety is extremely helpful.

Here are some ways to tell the difference between an asthma attack and a panic attack.

Asthma Attack	Panic Attack
<ul style="list-style-type: none"> • Shortness of breath • Wheezing • Coughing • Chest tightness • Labored breathing • Difficulty speaking • Unable to move freely • Difficultly eating and drinking • Can last for several hours 	<ul style="list-style-type: none"> • Extreme anxiety about the situation • Shortness of breath • Chest pain • Light headed • Tingling & numbness of the arms and legs • Feeling like you are going to have a heart attack • Sweating or overheating • Lasts 5-10 minutes