

Symptoms

Avoidance	Arousal
One of the Primary symptoms of PTSD	feeling of being in danger all the time
Staying away from reminders of the traumatic event	Easily stressed or angered
	Having strong emotional reactions
	heart rate increase, sweating, feeling like you can't breathe

Citations

Mayo Clinic. (2018, July 6). Post-traumatic stress disorder (PTSD). Mayo Clinic. Retrieved December 8, 2022, from <https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>

MedlinePlus. (2020, October). Post-traumatic stress disorder. MedlinePlus. Retrieved December 8, 2022, from <https://medlineplus.gov/posttraumaticstressdisorder.html>

National Institute of Mental Health staff. (2022, May). Post-traumatic stress disorder. National Institute of Mental Health. Retrieved December 8, 2022, from https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd#part_2241

National Center for PTSD. (2013, August 15). PTSD: National Center for PTSD. US Department of Veterans Affairs. Retrieved December 8, 2022, from <https://www.ptsd.va.gov/>

Treatments

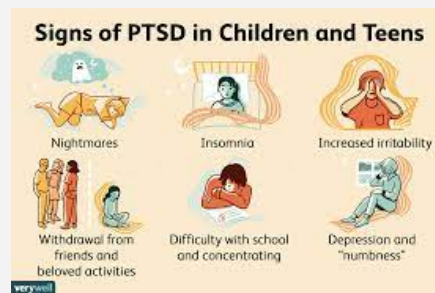
Medication	Therapy
SSRI medications such as Zoloft or Paxil can help	Exposure therapy, by exposing someone to a trigger in a safe environment over time it will reduce the impact of the trigger
Anti-anxiety medication can reduce anxiety in response to triggers	Talk therapy may help people come to terms with the traumatizing event
	Cognitive behavioral therapy can give people insight into their mental processes in response to trauma

Effects on military Veterans

According to the National center for PTSD 10-18% of military veterans have PTSD

Military members who receive poor support from their commanding officers were more likely to develop PTSD

Signs of PTSD in children and teens



Demographics

Military veterans frequently develop PTSD while on active service

Women are more likely than men to be diagnosed with PTSD

People who have been abused or gone through extreme experiences are more likely to develop PTSD

Coping with PTSD

