

Symptoms		Treatments		Demographics					
Avoidance	Arousal	Medication	Therapy	Military veterans frequently develop PTSD while on active service					
One of the Primary symptoms of PTSD	feeling of being in danger all the time	SSRI medications	Exposure therapy, by exposing someone to a trigger in a safe environment over time it will reduce the impact of the trigger	Women are more likely than men to be diagnosed with PTSD					
Staying away from reminders of the traumatic event	Easily stressed or angered	Paxil can help	Talk therapy may help people come to terms with the traumatizing event	People who have been abused or gone through extreme experiences are more likely to develop PTSD					
	Having strong emotional reactions	Anti-anxiety medication							
	heart rate increase, sweating, feeling like you can't breathe		Cognitive behavioral therapy can give people insight into their mental processes in response to trauma						
Citations		PTSD Coping Strategies							
<p>Mayo Clinic. (2018, July 6). Post-traumatic stress disorder (PTSD). Mayo Clinic. Retrieved December 8, 2022, from <a href="https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967">https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967</a></p> <p>MedlinePlus. (2020, October). Post-traumatic stress disorder. MedlinePlus. Retrieved December 8, 2022, from <a href="https://medlineplus.gov/posttraumaticstressdisorder.html">https://medlineplus.gov/posttraumaticstressdisorder.html</a></p> <p>National Institute of Mental Health staff. (2022, May). Post-traumatic stress disorder. National Institute of Mental Health. Retrieved December 8, 2022, from <a href="https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd#part_2241">https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd#part_2241</a></p> <p>National Center for PTSD. (2013, August 15). PTSD: National Center for PTSD. US Department of Veterans Affairs. Retrieved December 8, 2022, from <a href="https://www.ptsd.va.gov/">https://www.ptsd.va.gov/</a></p>									
Effects on military Veterans		Effects on military Veterans							
		<p>According to the National center for PTSD 10-18% of military veterans have PTSD</p> <p>Military members who receive poor support from their commanding officers were more likely to develop PTSD</p>							
Signs of PTSD in children and teens									
									

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