

PTSD AWARENESS

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Intrusive Memories

- Recurrent memories of the event
- Flashbacks
- Upsetting dreams

Avoidance

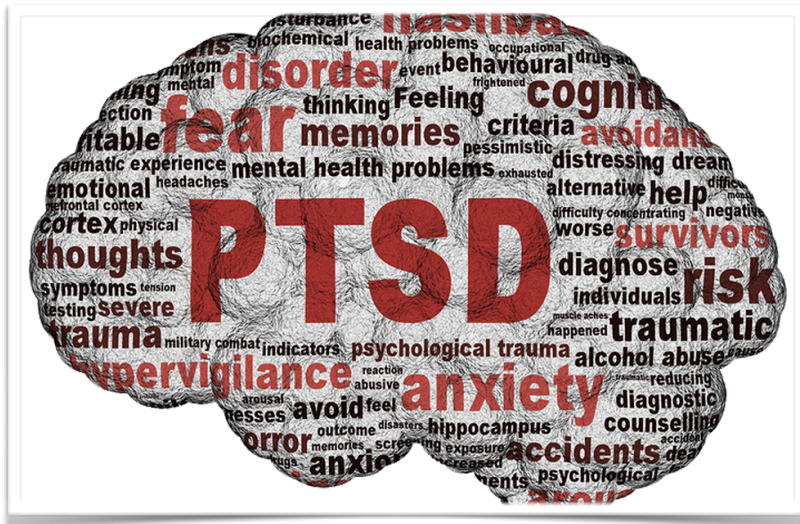
- Avoiding places, activities or people that remind you of the event
- Trying to avoid thinking or talking about the event

Negative Changes

- Inability to experience positive emotions
- Feeling emotionally numb
- Lack of interest in activities

Emotional Changes

- Irritability, angry outbursts or aggressive behavior
- Overwhelming guilt or shame
- Trouble sleeping
- Self destructive behavior



What is PTSD?

Post Traumatic Stress Disorder (PTSD) is a mental health condition that is triggered by a terrifying event either by experiencing or witnessing it. The disorder can last for months or years with triggers that can bring memories of the trauma. Not everyone with PTSD has been through a dangerous event. Some experiences, like the sudden, unexpected death of a loved one, can also cause PTSD.

Symptoms

Symptoms of PTSD can begin as early as 3 months but can also occur years afterward. They can last more than a month and interfere with relationships or work.



Risk Factors

- Living through dangerous events and traumas
- Getting hurt
- Childhood trauma
- Feeling horror, helplessness, or extreme fear
- Having little or no social support after the event
- Dealing with extra stress after the event, such as loss of a loved one, pain and injury, or loss of a job or home
- Having a history of mental illness or substance abuse

Promote Recovery

- Seeking out support from other people, such as friends and family
- Finding a support group after a traumatic event
- Learning to feel good about one's own actions in the face of danger
- Having a positive coping strategy, or a way of getting through the bad event and learning from it
- Being able to act and respond effectively despite feeling fear

What To Do



Accept and acknowledge that you have PTSD.



A psychiatrist may recommend medication.



Talk to a mental health professional about it.



Learn to recognize symptoms and triggers.

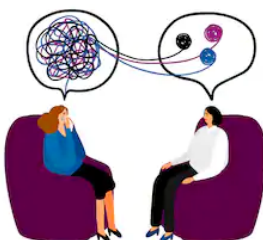
TREATMENT

The main treatment for people with PTSD are medications and psychotherapy (talk therapy), or both.



Medications

The most studied type of medication for treating PTSD are antidepressants which may help control PTSD symptoms such as sadness, worry, anger and feeling numb inside.



Psychotherapy

Talk therapy includes talking with a mental health professional. It can be done one-on-one or in a group. Talk therapy treatments for PTSD last 6-12 week but can last longer. Effective psychotherapies tend to emphasize a few key components, including education about symptoms, teaching skills to help identify the triggers of symptoms, and skills to manage the symptoms.