

Veterans Facing Another War

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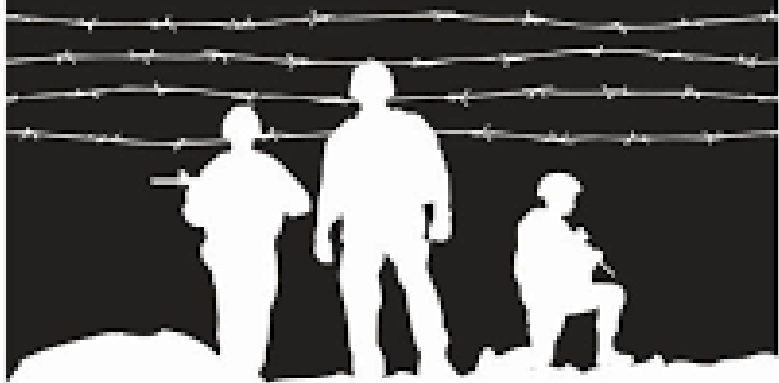
FIGHTING



A word cloud is overlaid on the image, featuring various words related to war and mental health. The words are in different sizes and orientations, creating a dense, chaotic visual. The words include: GRIEF, PAIN, trouble, anxiety, sadness, heartache, affliction, sorrow, ANGER, DEPRESSION, suffering, pressure, motion, wound, strain, HARM, doubt, annoyance, hostility, Worry, LOSS, EMPTY, STRESS, trauma, pain, HATE, REGRET, disappointment, tears, FRUSTRATION, fall, spiritless, PANIC, suicide, BURDEN, extension, disturbed, AGONY, distress, concern, PREHENSION, somber, and ship.

P.T.S.D.

post-traumatic stress disorder



**DON'T LEAVE THEM BEHIND
THEY'RE NOT HOME YET**

Issue

Post-traumatic stress disorder, or PTSD, is a big problem in veterans lives. PTSD is a mental health condition that's triggered by a terrifying event, either experiencing it or witnessing it. It is the most common mental health problem in veterans. You basically have flashbacks and uncontrollable thoughts about the event. 10 to 18 percent of veterans have PTSD in just Afghanistan and Iraq. The symptoms of the mental health disorder can cause harm to you, but also to the people around you, especially your family. They're usually angry and don't get much sleep. If they don't get some help they can cause big problems. A soldier named Dexter Pitts deployed in Iraq in 2004. While driving in a car he was bombed and critically injured. He later realized that he took more damage than just physical damage. He noticed symptoms of PTSD. He remembers laying down in the hospital and his cousin annoying him by constantly checking in on him. Pitts soon lost his mind and attacked his cousin chasing him down the hall. He punched him as hard as he could on his chest. He was soon diagnosed with PTSD. Another man that lived in New York city had just come home from Afghanistan. One month later he was in a hurry to the subway at rush hour to catch the C-train downtown. Suddenly he started to panic, he was leaning on a metal support column and believed that he was in danger. After everything he saw at war, he had never witnessed anything more terrifying. Everything was bright, trains were too fast, and it was too crowded. The world was too loud. He continued to have more panic attacks in crowded places like airports. One day he was at the park and met a psychotherapist. She asked him if he has any war affects, and he described the panic attacks. He soon found out that he had PTSD.



Facts

- 1) 30% of PTSD diagnosed veterans got it 3 to 4 months after being home. Other causes of being a soldier is not the war, but rape.
- 2) 55% of women and 38% of men are raped while serving in the military.
- 3) 31% of Vietnam veterans came back with PTSD.
- 4) PTSD is diagnosed after weeks of symptoms.
- 5) 10 to 20 percent of veterans in Iraq and Afghanistan suffered brain injuries.
- 6) 20% of veterans in Iraq and Afghanistan have been diagnosed with PTSD.
- 7) 22 veterans committed suicide everyday in 2010.
- 8) Most of these veterans were men aged 50 to 59.
- 9) PTSD lasts a life time if not treated.
- 10) 200,000 veterans go homeless each night, 45% of them are suffering from PTSD.

PTSD causes a lot of symptoms. They include not being able to concentrate, lack of sleep, exaggerated startle response, etc. You can only tell by weeks of symptoms that you have PTSD.

African-Americans and Hispanics are most likely to develop PTSD than whites. As soon as someone gets PTSD, they must seek for help. Leaving it alone isn't going to get better, it's going to get worse. Many soldiers don't ask for help because it may hurt their careers. Half of veterans who seek help receive even "minimally adequate" treatment. Many women who suffer from PTSD don't receive help because they weren't in direct combat.



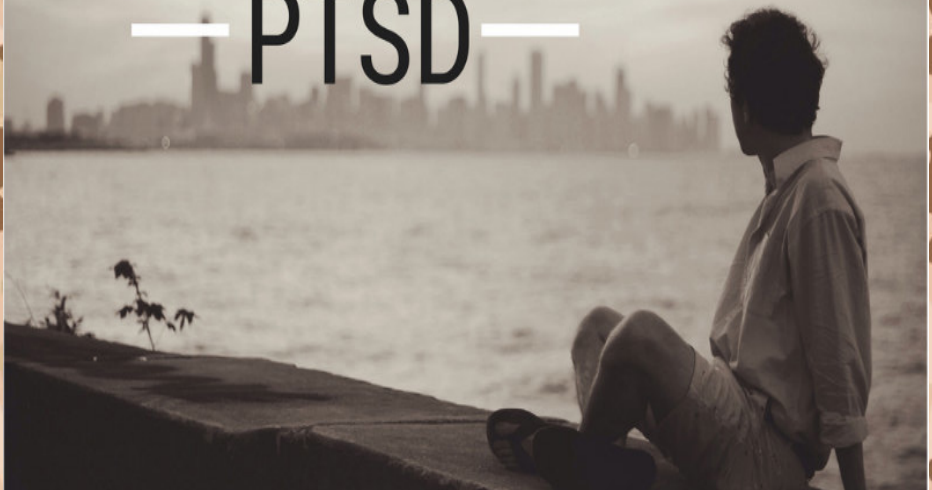
Solution

There's plenty of treatment you can take for PTSD. Researchers have found out that hanging out with friends and doing relaxing stuff can help you out. As long as it's distracting it's good. You also need very good sleep because that causes the most mood swings. Lack of sleep causes you to be angry all the time. A program named Expedition Balance offers these treatments instead of being stuck in a clinical environment. Instead of dealing with all the stresses everyday at other treatments they make a peaceful environment for them. Helping them gain their sense of self in the world. Follow up programs help their families rebuild their lives.

Another treatment is going to PTSD treatment at Landstuhl Regional Medical Center, Germany. They focus on yoga and meditation. It's more of a relaxation treatment than anything else. The symptoms of depression and anxiety decreased. Yoga is known to relax people and decreases your stress hormones. A study with nine active-duty soldiers suffering from PTSD took the treatment. They were less depressed after 12 weeks of yoga and said that they have more control of their lives. Starting the Expedition is a week far away from the war. They take you to a national park or private wilderness for a peaceful time. Nature is a big treatment for PTSD. When they get back they continue their country. They continue with yoga, art therapy, and engagement in volunteer work.

There's also medication you can take. Selective serotonin reuptake inhibitors is a type of antidepressant medication. They make you feel less sad and are very effective for some people. Therapy is a great way of getting rid of PTSD. Group therapy is a good one because everybody is talking about their problems so you feel more comfortable talking about your problem. Sometimes letting something out that you're holding inside helps out a lot. It also helps building a relationship with others that know what you've been through. You start letting go of all the rage and anger and turn it into confidence and trust. You'll learn to focus on your present and future instead of holding on to your past. If you have problems with your family, family therapy is the way to go. The therapist helps your family communicate again, maintain good relationships, and cope with tough emotions. You can also find out what causes your outbreaks in the house. That's how to cure PTSD.

Effective Therapies to Treat — PTSD —



The background of the entire image is a camouflage pattern in shades of green, brown, and black. Overlaid on this is a large, semi-transparent tan-colored rectangle that serves as a container for the text.

Proud Tough Strong Determined

Extra information:

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