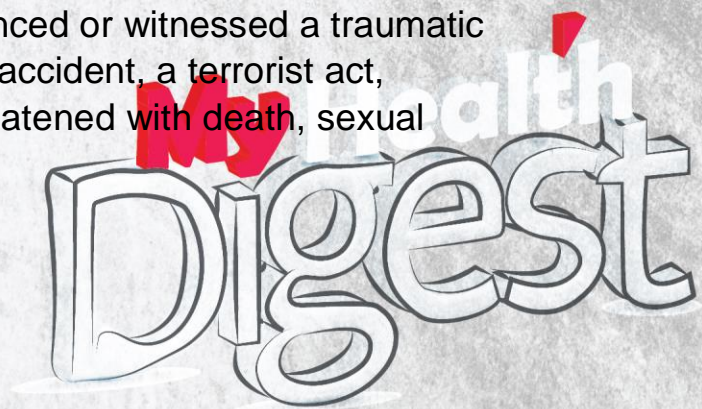




Post-traumatic stress disorder

Post-traumatic stress disorder (PTSD) is an anxiety disorder caused by very stressful, frightening or distressing events.

It may happen in people who have experienced or witnessed a traumatic event such as a natural disaster, a serious accident, a terrorist act, war/combat, or rape or who have been threatened with death, sexual violence or serious injury.



Symptoms:

- Flashbacks about a traumatic event as if it were happening again
- Nightmares about the traumatic event
- Severe emotional distress or physical reactions to something that reminds you of the traumatic event
- Avoiding places, activities or people that remind you of the traumatic event
- Memory problems, including not remembering important aspects of the traumatic event
- Difficulty maintaining close relationships
- Feeling detached from family and friends
- Lack of interest in activities you once enjoyed
- Difficulty experiencing positive emotions
- Being easily startled or frightened
- Always being on guard for danger
- Self-destructive behavior, such as drinking too much or driving too fast
- Trouble sleeping and concentrating
- Irritability, angry outbursts or aggressive behavior

Treatment:

Not everyone who experiences trauma develops PTSD, and not everyone who develops PTSD requires psychiatric treatment. For some people, symptoms of PTSD subside or disappear over time. Others get better with the help of their support system (family, friends or clergy). But many people with PTSD need professional treatment to recover from psychological distress that can be intense and disabling.

- Cognitive Behavioral Therapy:
- Medication:
- Other Treatments: including complementary and alternative therapies are also increasingly being used to help people with PTSD.



Causes:

- Stressful experiences the person has gone through in his life:
 1. serious road accidents
 2. violent personal assaults, such as sexual assault, mugging or robbery
 3. serious health problems
 4. childbirth experiences
- Inherited mental health risks, such as a family history of anxiety and depression.
- Inherited features of your personality often called the temperament.
- The way the brain regulates the chemicals and hormones the body releases in response to stress.

