

# Cognitive Farmer News

Harvesting knowledge since 2014

Vol XCIII, No. 311

Monday, February 17, 2015

\$1.25

## Post Traumatic Stress Disorder



### What is it?

PTSD or Post Traumatic Stress Disorder is a psychiatric disorder usually associated with experiencing or witnessing a life-threatening event such as military-combat, terrorist attacks, serious accidents, or sexual/physical abuse. The concept of the disorder has a long history. Throughout history, there are many similar cases of PTSD, a perfect example is shellshock which was associated with WWI.

Most survivors of trauma often return to normal after a given amount of time, but some have stress reactions that won't go away on their own or make the condition worse.

### How does it develop?

Most people who go through a trauma have some symptoms at the beginning. Only some will develop PTSD over time. It isn't clear why some people develop PTSD and others don't.

Whether or not you get it depends on many things:

- How intense the trauma was or how long it lasted
- How close you were to the event
- How strong your reaction was towards the trauma.

### What you could do to help.

If your loved ones are suffering from PTSD don't be afraid to help them. There are many steps you can take to help someone with PTSD. Learn about the disorder so you can relate to what your loved one is going through and know what to expect. Talk to your loved one. Always show your support in all ways, and above all be patient. People who suffer from PTSD feel like they've had control over themselves. Taking an active role in your loved one's recovery can help to empower them and helpfully lead to a full recovery.

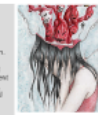


### To learn more about PTSD visit the websites below:

- <http://www.pdtd.com/what-is-ptsd/>
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### How it affects the Human Mind.

PTSD victims generally suffer with 3 different symptoms. The first one or symptoms involves reliving the trauma or event. The second side to symptoms involves constant thoughts being placed and mental flash of the trauma. The third set of symptoms is a rapid change of emotional reaction. Depending on the side the symptoms could get worse to the point where even the slightest incident can trigger a flashback of the trauma. In addition, PTSD victims will experience a variety of physical and mental disorders, ranging from anxiety disorders to substance abuse. Because of this, many victims of PTSD turn to drinking, substance abuse or even suicide to ease their PTSD.



### The War that Never Ends. Real Life Stories

There are many veterans who are affected by PTSD. Albert M. Finka is one of those many victims who suffer from PTSD as a result of war. This is his story.



They were there for our country, now our country needs to be there for them.



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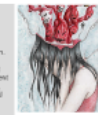


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Depending on the victim the symptoms could get worse to the point where even the slightest incident can trigger a flashback of the trauma. In addition, PTSD victims will experience a variety of physical and mental disorders, ranging from anxiety disorders to substance abuse. Because of this, many victims of PTSD turn to drinking, substance abuse or even suicide to cure their PTSD.



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# The War that Never Ends.

## Real Life Stories

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There are many veterans who are affected by PTSD. Albert M. Perna is one of those many victims who suffer from PTSD as a result of war. This is his story.



# Who I Am



FACE TUOBA

# How I Knew I Had PTSD





FACE TUOBA

t of war. This is his story.

# How PTSD Affects Those You Love





FACE TUOBA



# Why I Didn't Ask For Help Right Away

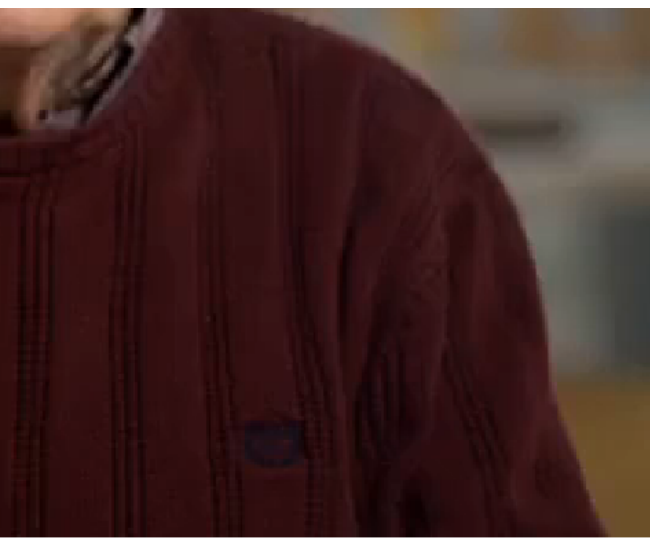
# My Ac





FACE TUOBA





# My Advice To You





FACE TUOBA

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# What you could do to help.

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“ They were there for our country, now  
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<http://www.ptsd.ne.gov/what-is-ptsd.html>

<http://www.ptsd.va.gov/public/PTSD-overview/basics/what-is-ptsd.asp>

[http://www.brainline.org/content/2011/01/posttraumatic-stress-disorder-a-history-and-a-critique\\_pageall.html](http://www.brainline.org/content/2011/01/posttraumatic-stress-disorder-a-history-and-a-critique_pageall.html)

<http://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/basics/symptoms/con-20022540>

<http://www.ptsd.va.gov/apps/aboutface/veterans/albert-perna.html>

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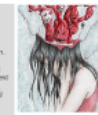
Break The Silence  
PTSD  
Not all wounds  
are visible

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