

POST- TRAUMATIC STRESS DISORDER (PTSD)

By Ivette Tabares



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MEET OUR DOCTORS



Hi, I'm Dr.
Cook

An illustration of a male doctor with dark hair tied back, wearing a white lab coat over green scrubs and a stethoscope. He is holding a clipboard with a heart rate line on it. A speech bubble points to him from the right.



Hi, I'm Dr.
Williams

An illustration of a female doctor with long dark hair, wearing a light blue lab coat over green scrubs and a stethoscope. A speech bubble points to her from the left.

They specialize in
mental health and will
help us understand
about PTSD.

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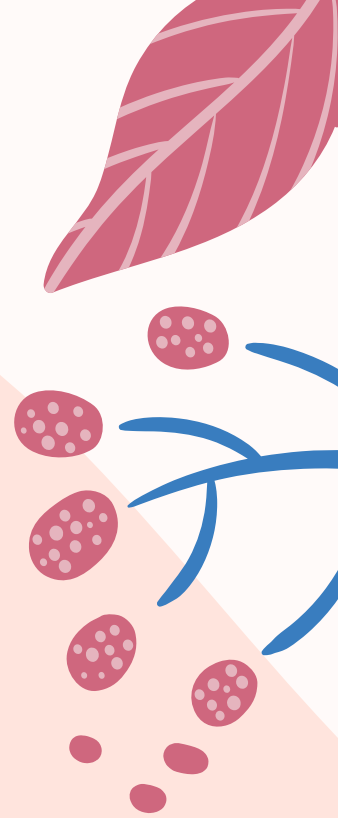
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01

THE ISSUE

What is PTSD?



POST-TRAUMATIC STRESS DISORDER



PTSD is a mental health condition, usually caused by experiencing or seeing a terrifying and stressful event.

PTSD vs TRAUMA



There is a difference between PTSD and trauma. PTSD is a long-term condition with symptoms lasting longer than a month.

PTSD vs TRAUMA

With this long-term condition the individual continues to have flashbacks, re-experiencing the traumatic event over and over again.



PTSD vs TRAUMA



For someone to have PTSD there must be a high level of ongoing distress.

PTSD interferes with relationships and daily life activities.

PTSD vs TRAUMA

That's right! Trauma on the other hand, results from a single incident. Symptoms may include: shock, denial, confusion, anger, fear, guilt, etc.



PTSD vs TRAUMA



So, essentially, PTSD is a more severe type of psychological trauma.

Persons with PTSD are recommended to seek professional help to handle their anxiety and depression.

02

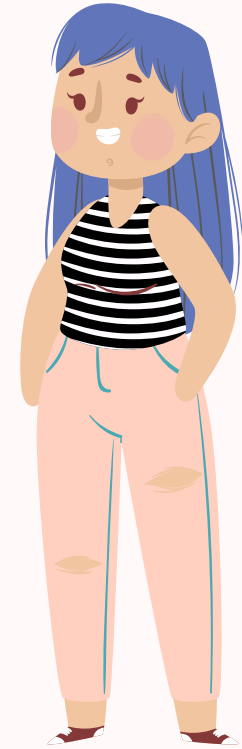
CONTRIBUTING FACTORS

What are some underlying factors
that may cause PTSD?



GENDER

Women are 2-3 times higher risk for developing PTSD than men.



GENDER

Women are more likely to be exposed to severe sexual violence, trauma or rape at a young age.



AGE

PTSD can affect people of any age - children, adults, and senior citizens.



AGE

PTSD is more common
in certain age groups
depending on gender.



INCOME



Those who live in poverty have a much higher risk for developing PTSD.



INCOME



Violence and traumatic events are more common in poor communities.

PTSD is often the result of domestic violence, abuse or sexual assault.

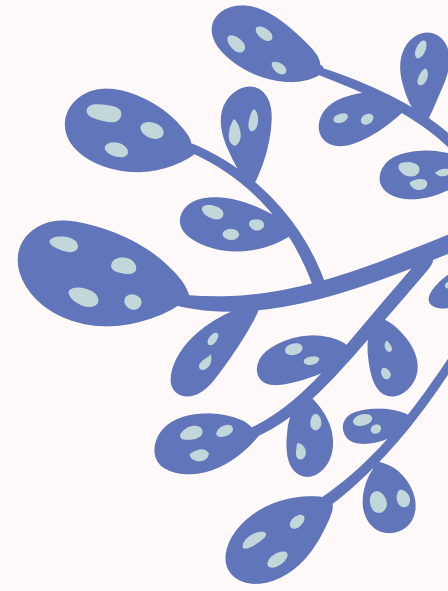




03

HEALTH IMPLICATIONS

Symptoms and dangers related
to PTSD



This is Nicole



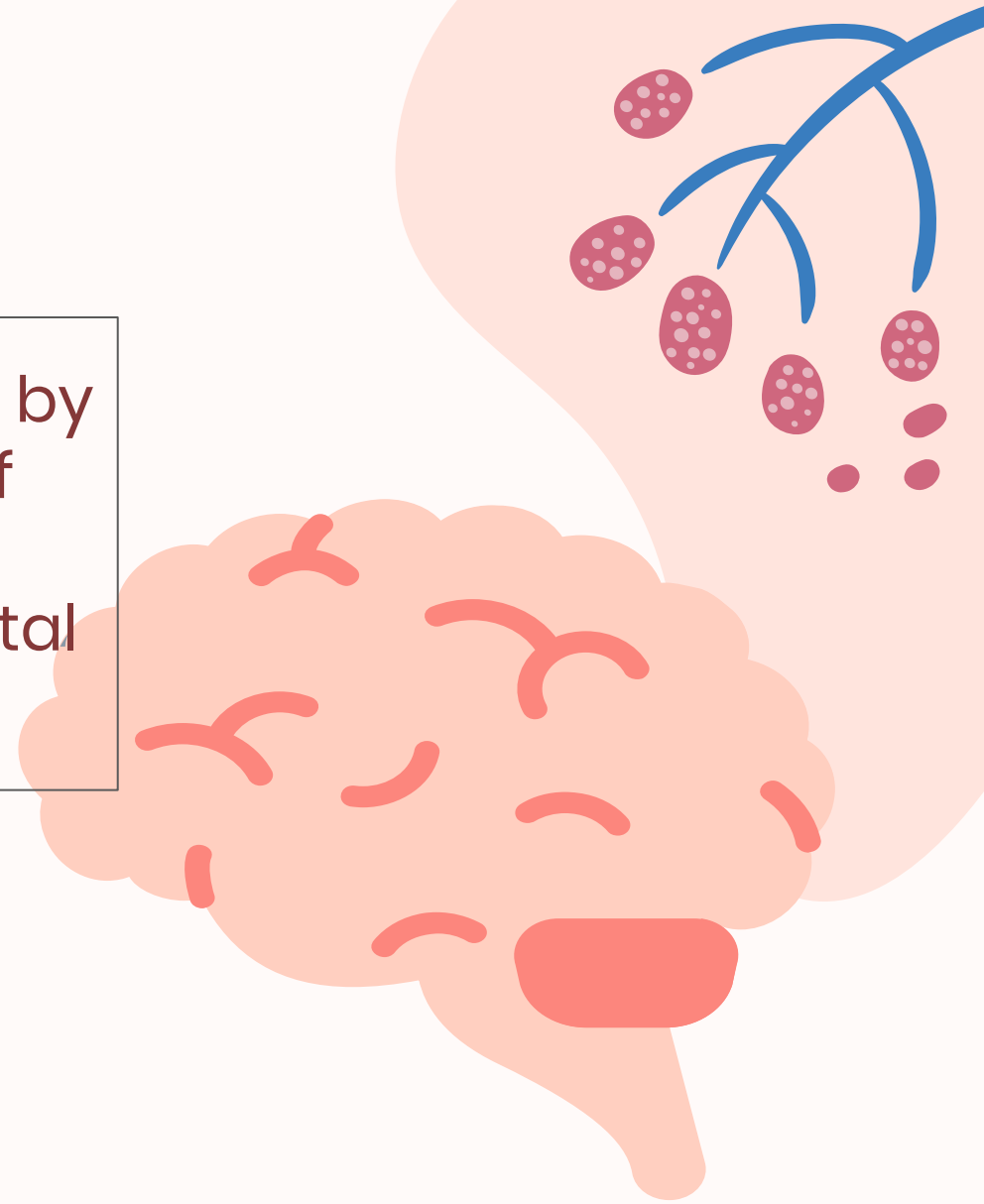
Nicole has some concerns about PTSD and what it can do to your health.

Let's talk about it.



HEALTH IMPLICATIONS

So, Nicole, I want to begin by saying that any type of trauma always has negative effects on mental or physical health.



HEALTH IMPLICATIONS



That's why we always recommend seeing your doctor if you have suffered severe psychological trauma.



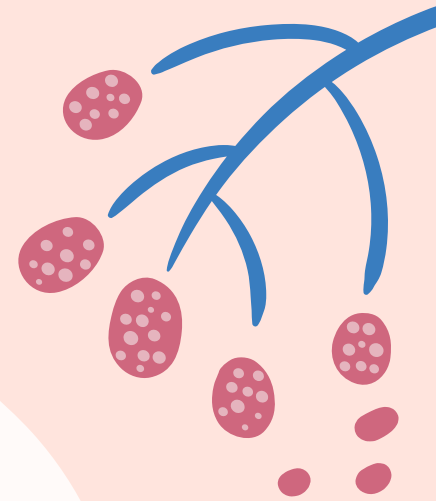
HEALTH IMPLICATIONS

If you have
PTSD, will you
also have
depression?



HEALTH IMPLICATIONS

Not necessarily.
People who suffer from
PTSD may experience
depression but not all the
time.



HEALTH IMPLICATIONS

PTSD is also related to poor health as they live in a state of anxiety and panic.



HEALTH IMPLICATIONS

Are there
specific
health
problems
that related
to PTSD?



HEALTH IMPLICATIONS



Well, Nicole, there is some evidence that PTSD may be associated with cardiovascular and gastrointestinal disorders.

HEALTH IMPLICATIONS



Sometimes, having PTSD leads to an increase in mental health problems, such as eating disorders, suicidal thoughts and negative behaviors.



HEALTH IMPLICATIONS

How do you
get PTSD?



HEALTH IMPLICATIONS

Some people develop PTSD after experiencing or witnessing a traumatic or stressful event, such as a violent death, injury or sexual assault.



HEALTH IMPLICATIONS

However, we still aren't sure why some people get PTSD and others don't.



04

PREVENTION

Can PTSD be prevented?



PREVENTION

How can we
prevent people
from getting
PTSD?



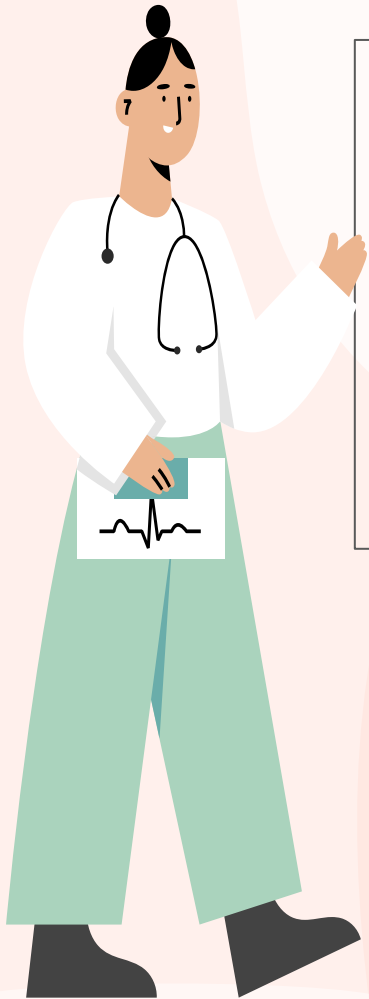
PREVENTION



That's a good question. Unfortunately, there is no right way to handle trauma. Everyone moves at their own speed.



PREVENTION



It's important to get help to prevent normal stress reactions from worsening and developing into PTSD.



05

MYTHS & MISCONCEPTIONS

Talking about common myths about PTSD

This is Mia



Mia has heard some untrue things about PTSD.



MYTHS & MISCONCEPTIONS



I heard that once
time has passed
you are no longer
at risk for PTSD.

MYTHS & MISCONCEPTIONS

That is not true, Mia.
Symptoms of PTSD can
take many months,
even years, to arise.



MYTHS & MISCONCEPTIONS



*I thought only
military veterans
experience PTSD.*

MYTHS & MISCONCEPTIONS



That's not true. PTSD can develop in anyone, including children, not only war veterans.




Exactly! There are many types of trauma that effect each person differently.

MYTHS & MISCONCEPTIONS




Someone told me
“PTSD is a symptom
of mental
weakness” and that
you should just “get
over” the trauma.

MYTHS & MISCONCEPTIONS



Mia, tell your friend that **PTSD is NOT a sign of weakness!**



Yes! We need to remind people that PTSD can happen to anyone!

MYTHS & MISCONCEPTIONS



Thank you for explaining about PTSD! Today I understand that anyone can get PTSD, even me!!

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