

What Is The Fatality Of Post Traumatic Stress?

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Introduction

- Post Traumatic Stress Disorder (PTSD) is an anxiety disorder caused by very stressful, frightening or distressing events.¹
- The disease causes **recalling of a traumatic event** through flashbacks or nightmares leading to anxiety attacks, mood disorders and even insomnia.¹
- Hyperarousal** is among the most common manifestations, which can cause anger outbursts, insomnia and concentration difficulties.¹
- PTSD in Children** symptoms include bed wetting and re-enacting the trauma through play.¹

Why Does it Develop?

- Although it's not clear exactly why people develop PTSD, a number of possible reasons have been suggested.¹
 - Survival Mechanism**
A state of hyperarousal and anticipation.
 - Brain Changes** and **High Adrenaline**¹

PTSD Induced Brain Changes

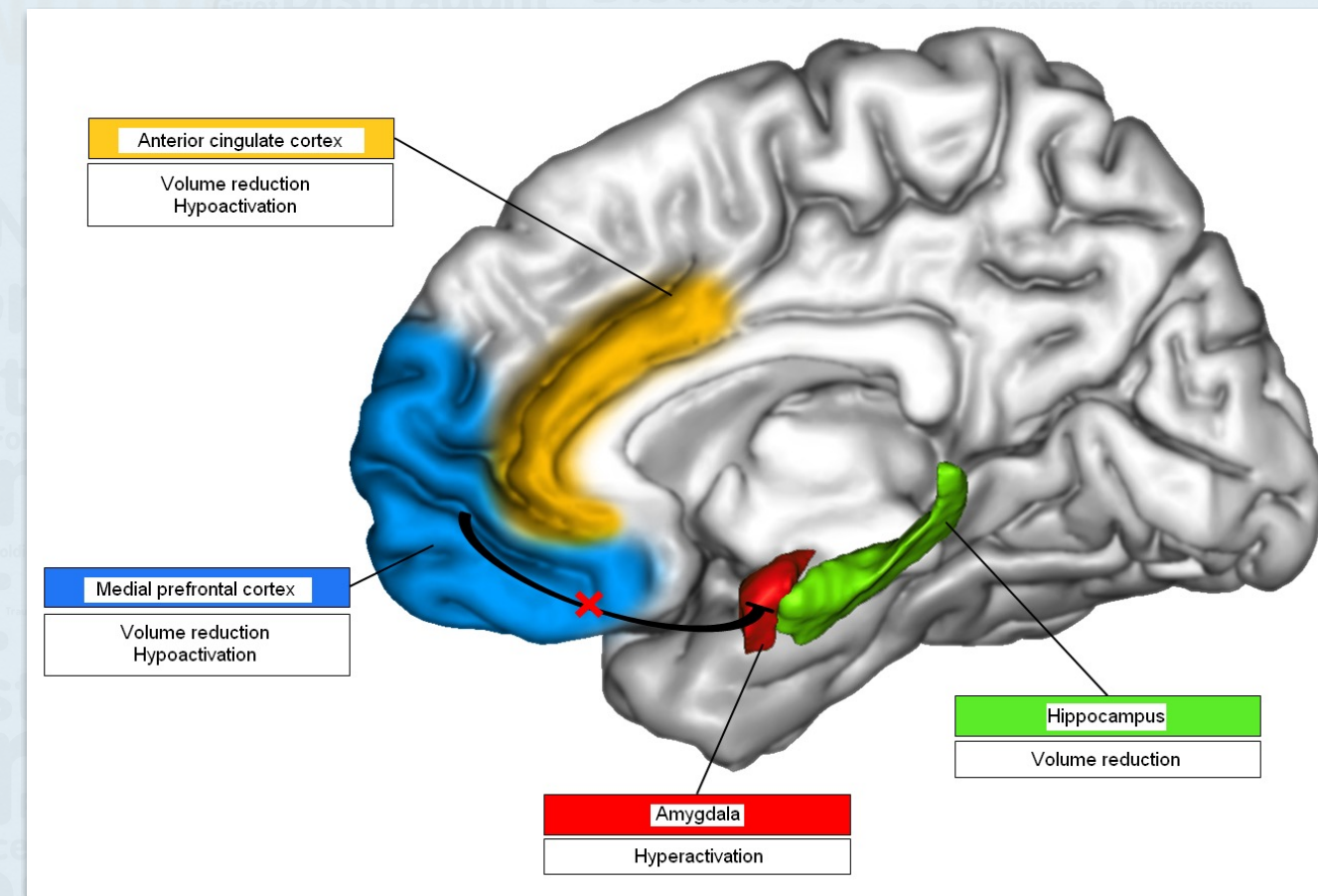
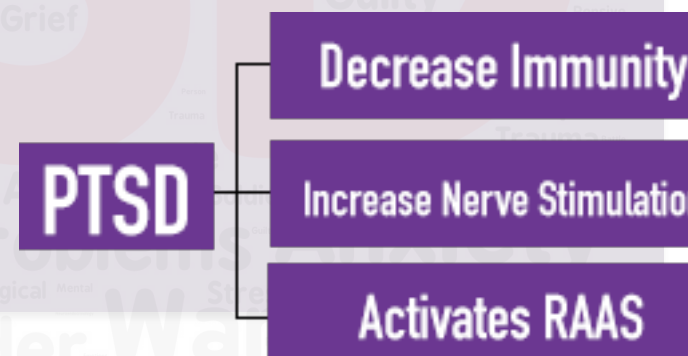


Figure showing the affected regions in the brain ¹

Relation with Cardiovascular Disease

- PTSD have many complications, among those, the development of a heart condition, and this relation have been documented on multiple occasions.¹
- A **study in 2014** stated that Vietnam War veterans with PTSD had a **22.4%** increased risk for CHD and a **50%** risk in developing CHF.²



- According to a study that was done in the U.S. from **2000 to 2011 old veterans** (over 55) with PTSD had a **45%** increased risk for incident CHD, **26%** for CHF, **49%** for incident MI.³
- Another study of more than **8000 veterans** that took place in the U.S. between **2008-2015**, showed that veterans with PTSD were **47%** more likely to develop CHF during the 7 year follow up period.⁴

Conclusion

- PTSD is a serious condition, patients with PTSD should be carefully monitored and treated to avoid short-term and long term complications such as developing a heart disease.
- Cardiovascular disease induced PTSD?**

References

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