

The Fatality of Post Traumatic Stress

Mohamed Tawfik Shembesh, 3rd Year Medical Student
Libyan International Medical University

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

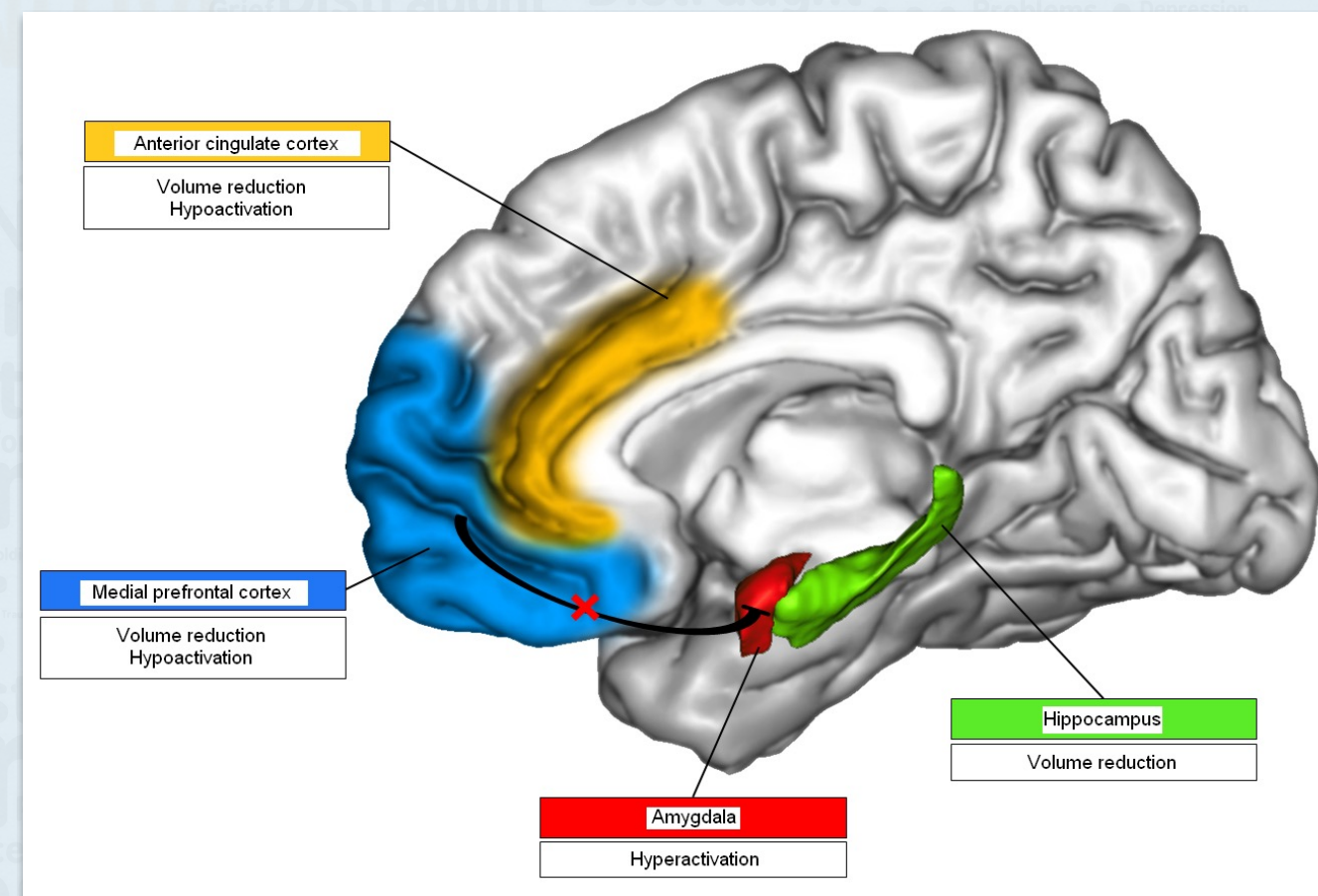
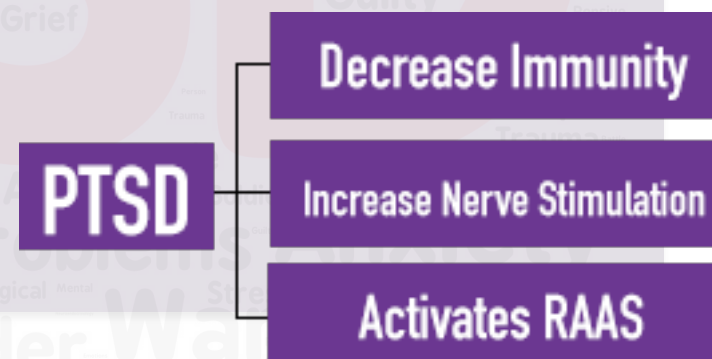


Figure showing the affected regions in the brain ¹

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

- Uk, N. (2015). Post-traumatic stress disorder. [online] nhs.uk. Available at: <https://www.nhs.uk/conditions/post-traumatic-stress-disorder-ptsd> [Accessed 11 May 2018].
- Brudy, C., Park, J. and Mellman, T. (2015). Autonomic and inflammatory consequences of post traumatic stress disorder and the link to cardiovascular disease. [online] American Journal of Physiology. Available at: <https://www.physiology.org/doi/10.1152/ajpregu.00343.2014> [Accessed 12 May 2018].
- Beristianos, M., Yaffe, K., Cohen, B. and Byers, A. (2011). PTSD and Risk of Incident Cardiovascular Disease in Aging Veterans. [online] The American Journal of Geriatric Psychiatry. Available at: [https://www.ajgp-online.org/article/S1064-7481\(14\)00357-1/](https://www.ajgp-online.org/article/S1064-7481(14)00357-1/) [Accessed 12 May 2018].
- Masfield, A. (2015). Study adds evidence on link between PTSD, heart disease. [online] Research.va.gov. Available at: <https://www.research.va.gov/currents/spring2015/spring2015-8.cfm> [Accessed 12 May 2018].