

## PTS FACTS

Post-Traumatic Stress (PTS) is NOT a disorder. A disorder is an abnormal physical or mental condition. Post-Traumatic Stress (PTS) is a perfectly normal condition precipitated by abnormal events in your life.

How the stress hormone cortisol reinforces traumatic memories:  
<http://www.sciencedaily.com/releases/2015/07/150701083336.htm>

PTSD and Veterans: The War At Home <http://healmyptsd.com/2015/06/ptsd-and-veterans-the-war-at-home.html>

PTSD Statistics: Military, Domestic Abuse, Children and the World <http://healmyptsd.com/2015/06/ptsd-statistics-military-domestic-abuse-children-and-the-world.html>

Benzodiazepines not recommended for patients with PTSD or recent trauma <http://www.medicalnewstoday.com/releases/296789.php>

7/13/2015 Huffington Post: 238,000 of the 847,000 Veterans in the pending backlog for health care through the VA have already died!

22 Veterans commit suicide every day in this country. That is 8,030 Veterans dying every year. More Veterans are dying from suicide in this country than they are from both the current wars in Afghanistan and Iraq.

80% of Veterans with PTSD believe current VA treatment is ineffective.

2001-2009: The Army's suicide rate increased more than 150%. Orders for psychiatric drugs rose 76%. 85% of military suicide victims during this period had never seen combat.

2001-2011: Military spent 2.7 billion on anti-depressants.

2006-2012: Department of Defense (DOD) drug spending soared to 123%. Spending rose from \$3 billion to \$6.8 billion (This is double the increase in sales of pharmaceuticals in general in the U.S.).

2010: More than 20,000 troops are already on psychotropic medications (PBS documentary Wounded Platoon/Internal DOD report).

2013: VA data showed their patients increased 29%, yet narcotics prescriptions skyrocketed 259%!

With antidepressants, there are now nearly 100 drug regulatory agency warnings from ten countries and the European Union alerting prescriber's and patients to the drugs adverse effects, including hostility, violent behavior and suicide.

Since 2001: The U.S. DOD and the VA have spent almost \$2 billion to treat mental disorders.

Every year the Australian Department of Veteran Affairs spends \$160 million on mental health for its veterans.

2012: More British soldiers and veterans committed suicide than were killed in battle.

2001-2009: There were 2,100 suicides in the U.S. military, triple the number of troops that died in Afghanistan and half of all American deaths in Iraq. During that same period, military orders for psychiatric drugs known to cause suicidal thoughts and acts increased 76%!

2005-2011: The rate of antipsychotic drug use in the U.S. military rose 1,100%! Far exceeding comparable

rates in the civilian population.

Seven different countries as well as the European Union have issued a total of 55 warnings about the harmful side effects of antipsychotic drugs, including:

12 warnings of death/sudden death

11 warnings of heart problems

6 warnings of withdrawal symptoms

6 warnings of convulsions, seizures or tremors

5 warnings of diabetes

Neurologist Dr. Fred Baughman, Jr., as many as 351 soldiers have died from cardiac arrest after ingesting drug cocktails containing antipsychotics and antidepressants.

2001-2011: The U.S. VA and Defense Department spent more than \$850 million on Seroquel (this is sometimes referred to as Sero-Kill).

1945: A leading international psychiatrist, British Brigadier General John Rawlings Rees, saw the military as psychiatry's perfect research lab. He stated, "The army and the other fighting services form rather unique experimental groups since they are complete communities, and it is possible to arrange experiments in a way that would be very difficult in civilian life."

1950's-1970's: Psychiatrists in countries like Britain, the U.S. and the USSR used their militaries as proving grounds for an arsenal of new experimental treatments such as LSD. The U.S. Army estimated that at least 1,500 soldiers were given LSD as part of mind control experiments during this era.

Panic Attack Symptoms (PTSD can cause these): The symptoms of panic attacks can mimic other health problems. It is very important to see your primary care doctor if you experience any of these symptoms to evaluate if you have a medical problem (Also see our PTSD Tips page for things you can do to alleviate these symptoms).

\*Pounding, racing heart

\*Sweating

\*Shaking

\*Shortness of breath

\*Choking sensation

\*Chest discomfort

\*Nausea

\*Dizzy, feeling faint

\*Feelings of unreality or detached from self

\*Tingling or numbness

\*Chills or heat sensations

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