

# PTSD Monthly Update

News relevant to the issues of trauma and PTSD



Advancing Science and Promoting Understanding of Traumatic Stress

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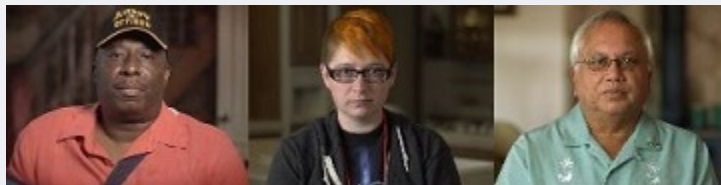
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Feature Topic

## 5 Things to Know About PTSD Treatment



### Treatment Can Help You Heal

Nearly 8 million Americans have been diagnosed this year with PTSD.

Here's the good news: There are several treatments for PTSD that have been shown to decrease symptoms or get rid of them altogether.

Here are 5 things to know about PTSD treatment from VA's National Center for PTSD:

1

#### PTSD Treatment Works – and you deserve to get help



There are a number of [treatments for PTSD](#) that are proven to help. For some people, treatment gets rid of PTSD altogether. For others, it can make symptoms easier to manage.

Treatment gives you the tools to deal with symptoms, so they don't keep you from living your life. Even if you've been struggling for years, PTSD treatment can turn your life around.

2

#### You now have more PTSD treatment options than ever



The [PTSD Treatment Decision Aid](#) is a great way to learn about your options and consider which treatment is right for you.

**Watch videos** of providers explaining how treatments work. Then, **build your own comparison chart** of the treatments that you prefer. **Share a printout of the chart** with your provider as you decide together which treatment best meets your needs and goals.

### 3

#### Getting treatment for PTSD can help with other health problems



If you have PTSD, it is possible that other problems affect your health too.

[Depression](#), [sleep problems](#), [alcohol and drug abuse](#), thinking about [harming yourself](#) - even [suicide](#) - are more common if you have PTSD.

PTSD is also related to problems at work, in relationships, or with your physical health. Sometimes, these problems happen because of your PTSD symptoms. For example, feeling numb and avoiding places can make it hard to have good relationships with your friends and family. Getting treatment for PTSD can help with these other problems, too.

### 4

#### When PTSD isn't treated, it usually doesn't get better — and may get worse



It's common to think that your PTSD symptoms will just go away over time. But this is very unlikely, especially if you have symptoms for longer than a year.

Even if you feel like you can handle your symptoms now, they may get worse over time. [Getting treatment](#) can help keep PTSD from causing problems in your relationships— so you can live the way you want to.

### 5

#### If you have PTSD, it's never too late to get treatment



Treatment helps even if your trauma happened years ago. And treatment for PTSD has gotten much better over the years. If you tried treatment before and you're still having symptoms, it's a good idea to try again.

The sooner you get treatment, the sooner you can start to feel better. There are also self-help options to get you started - from [free mobile apps](#) to [online courses](#) that can help you and your loved ones [cope with PTSD](#) and related issues.

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## For Providers

### Consult with PTSD Experts

[The PTSD Consultation Program](#) offers free PTSD consultation to any provider who treats Veterans in any setting.



*This program is open to Community Providers.*

### PTSD Lecture Series

- **September 18, 2019: *Treating PTSD and Cognitive Impairment from Traumatic Brain Injury***, Amy Jak, PhD

### Mark Your Calendar

Third Wednesday of the month at 2pm ET. **Download a [calendar reminder](#)** to save the date.

### Subscribe

[Sign up](#) to receive monthly emails that include a registration link and instructions for joining the live lectures.

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## Research at the Center

## A Phase-II Pilot Randomized Controlled Trial of Self-Guided Exposure App for Posttraumatic Stress Disorder Symptoms: The Role of Coaching Support

Delivering PTSD interventions via mobile health applications is an innovative way to increase the reach, but engagement with and completion of such programs is notoriously low. Renew is a newly developed mobile app that encourages users to select a support person(s) to promote engagement.

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## PTSD in the News

**Optimists Live Longer.** Researchers from Boston University's School of Medicine, the National Center for PTSD at VA Boston Healthcare System, and Harvard University's T. H. Chan School of Public Health have found that individuals with greater optimism are more likely to live age 85 or older.

[Read more.](#)\*

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Be sure to forward this update to others so they can [subscribe](#). We send one update per month to keep you informed of the latest PTSD developments.

Thank you,

The Staff of VA's National Center for PTSD

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**Produced by VA's National Center for PTSD - Executive Division**

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