

PTSD – Post Traumatic Stress Disorder formerly known as a Syndrome

Notes of interest: My birth father I knew and lived with. He was wounded at Heartbreak Crossroad which was the day the Battle of the Bulge began. You rarely hear about Heartbreak Crossroads. He received a Purple Heart and went to his grave with shrapnel still too close to his heart to be removed.

On the other hand, my adopted father fought in the Pacific Theatre. He was a machine gunner. I did not know him until my mother divorced my birth father and married the man who would eventually adopt my brother and me. My sister born of that union said there were times when she was real little that they would go someplace and there was a certain noise that would initiate a fear in daddy Bigler. Even though he was driving, he would duck and say "They're coming, they're coming!" meaning enemy aircraft. There were times he would awake in the middle of the night with nightmares of the war.

Both of my fathers survived. Yet we have men and women who come home from war wounded in a different manner. Post-Traumatic Stress Syndrome (PTSD or Post Traumatic Stress Disorder) is a malady I know something about because I suffered from it after a major car wreck when my face broke the windshield in a head-on collision.

We had three major impacts. Yet Social Security only claimed I was depressed and surgery would heal the carpal tunnel syndrome. They made light of my serious mental health situation. And too, there was a continual battle with Social Security.

There were times when I considered suicide. I was knocked unconscious but I do remember my face feeling like it was under a running faucet. That I learned later was blood. I don't remember anything after that and that is only one flashback.

A base of support, doctors, friends and family who believed in me and supported my issues was too weak. Some friends went by the wayside and some doctors did not understand and wrote me off. Our men and women who come back from war can suffer a different kind of PTSD, Post-Traumatic Stress Disorder/Syndrome. They saw people killed and perhaps had to do the killing themselves. They were seriously injured physically and/or saw their comrades killed or seriously injured. That is a horrible thing to experience and remember. They should not have to face a stigma of being labeled and certainly need to be encouraged to seek help. The family may have to be strong and intervene. Suicide is a permanent decision. My daughter called it selfish.

The list below list has several websites that are of great help for those with PTSD and their family and friends known as their base of support.

Post-Traumatic Stress Disorder

ADAA Anxiety and Depression Association of America

<https://www.adaa.org/understanding-anxiety/posttraumatic-stress-disorder-ptsd>

National Institute of Mental Health

<https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>

US Department of Veterans Affairs

PTSD: National Center for PTSD

<http://www.ptsd.va.gov/>

US National Library of Medicine – PubMed Health

Post-Traumatic Stress Disorder (PTSD)

PTSD is an anxiety disorder that develops in reaction to physical injury or severe mental or emotional distress, such as military combat, violent assault, natural disaster, or other life-threatening events.

PubMed Health Glossary

(Source: NIH - National Cancer Institute)

<https://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0024667/>

Information on some basics of PTSD:

<https://www.nimh.nih.gov/health/publications/post-traumatic-stress-disorder-basics/index.shtml>

What can cause PTSD?

Living through or seeing something that's upsetting and dangerous can cause PTSD. This can include:

- Death or serious illness of a loved one
- War or combat
- Car accidents and plane crashes
- Hurricanes, tornadoes, and fires
- Violent crimes, like a robbery or shooting.

WebMD – information about PTSD

<http://www.webmd.com/mental-health/post-traumatic-stress-disorder>