

HealthyBy Choice

...One Day at a Time

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PTSD Awareness Month

Information from: US Department of Veteran Affairs

PTSD (posttraumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault.

It's normal to have upsetting memories, feel on edge, or have trouble sleeping after a traumatic event. At first, it may be hard to do normal daily activities, like go to work, go to school, or spend time with people you care about. But most people start to feel better after a few weeks or months.

If it's been longer than a few months and you're still having symptoms, you may have PTSD. For some people, PTSD symptoms may start later, or they may come and go over time.

*There are currently about
8 million people in the
United States with PTSD.*



Even though PTSD treatments work, most people who have PTSD don't get the help they need. **June is PTSD Awareness Month. Help us spread the word that effective PTSD treatments are available.** Everyone with PTSD—whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events—needs to know that treatments really do work and can lead to a better quality of life.

When PTSD isn't treated, it usually doesn't get better — and it may even 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've had 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, your career, or your education — so you can live the way you want to.

For more information and resources visit the National Center for PTSD website at:

[ps://www.ptsd.va.gov/](https://www.ptsd.va.gov/)

If you are in crisis:

- Call 1-800-273-TALK (1-800-273-8255) anytime to talk to a crisis counselor. Press "1" if you are a Veteran. The call is confidential (private) and free.
- Chat online with a crisis counselor anytime at <http://www.suicidepreventionlifeline.org/>

PTSD Screen

Sometimes things happen to people that are unusually or especially frightening, horrible, or traumatic. For example, a serious accident or fire, a physical or sexual assault or abuse, an earthquake or flood, a war, seeing someone be killed or seriously injured, or having a loved one die through homicide or suicide.

Have you ever experienced this kind of event?

Yes No

If yes, please answer the questions below.

In the past month, have you:

- Had nightmares about the event(s) or thought about the event(s) when you didn't want to?
- Tried hard not to think about the event(s) or went out of your way to avoid situations that reminded you of the event(s)?
- Been constantly on guard, watchful, or easily startled?
- Felt numb or detached from people, activities, or your surroundings?
- Felt guilty or unable to stop blaming yourself or others for the event(s) or any problems the event(s) may have caused?

If you answered "yes" to 3 or more of these questions, talk to a mental health care provider to learn more about PTSD and PTSD treatment.

Answering "yes" to 3 or more questions does not mean you have PTSD. Only a mental health care provider can tell you for sure.



Not all wounds are visible.



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June is Men's Health Month

There are several times in his life a man should be getting routine appointments with his health care provider to ensure that he is maintaining good health. Men are not invincible and should be engaging with their providers on a regular basis. Regular check-ups and appointments mean taking responsibility for your health and well-being.

20s

- Every year – a physical exam, blood pressure analysis, blood test & urine analysis, rectal exam, STD testing, self-performed testicular exam
- Every 5 years – TB skin test
- Every 10 years – Tetanus booster

30s

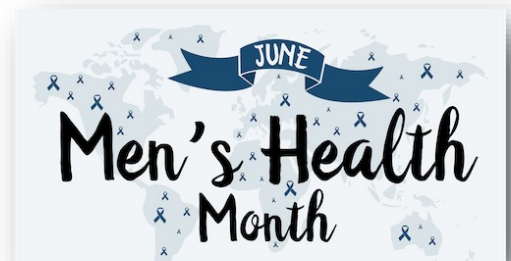
- Every year – a physical exam, blood pressure analysis, blood test & urine analysis, rectal exam, STD testing, self-performed testicular exam, electrocardiogram (EKG) for heart abnormalities
- Every 5 years – TB skin test
- Every 10 years – Tetanus booster

40s

- Every year – a physical exam, blood pressure analysis, blood test & urine analysis, rectal exam, STD testing, self-performed testicular exam, electrocardiogram (EKG) for heart abnormalities, prostate specific antigen (PSA) screening, hemocult test
- Every 5 years – TB skin test
- Every 10 years – Tetanus booster
- With physician's discretion – chest x-ray, testosterone screening

50+

- Every year – a physical exam, blood pressure analysis, blood test & urine analysis, rectal exam, STD testing, self-performed testicular exam, electrocardiogram (EKG) for heart abnormalities, prostate specific antigen (PSA) screening, hemocult test
- Every 5 years – TB skin test
- Every 10 years – Tetanus booster
- With physician's discretion – chest x-ray, testosterone screening, bone density screening



During Men's Health Month, it is important to emphasize the importance of each of these screenings and check-ups. Each and every one is necessary for maintaining good health and being aware of your body.



Take control of your health.

