

HEROIC
HONORABLE
DEDICATED
DUTY
SERVICE
BRAVE
READY
COMMITMENT
COURAGEOUS
SELFLSS
INTEGRITY
VALIANT

MISSION
PATRIOTIC
RESPECT
ALWAYS
COUNTRY
SEMPER
DEFEND

Cohen Veterans Bioscience

POST-TRAUMATIC STRESS DISORDER (PTSD)

is a mental health condition that some people develop after experiencing or witnessing a violent or life-threatening event, such as combat, a natural disaster, a terrorist attack, or sexual assault.

SYMPTOMS
CAN INCLUDE:

ON ALERT FOR DANGER **HYPER-AROUSAL** **SUICIDAL THOUGHTS** **PANIC ATTACKS** **FEELING ESTRANGED OR ISOLATED** **NOT ABLE TO COMPLETE DAILY TASKS** **LOSING INTEREST** **TROUBLE CONCENTRATING OR SLEEPING**
FLASHBACKS **GUILT** **FEELING ANXIOUS** **FEAR** **SHAME**

How Prevalent is PTSD?



8.6 MILLION ADULTS

have PTSD in a given year in the United States.¹³



ABOUT 50% OF WOMEN AND 60% MEN

experience at least one trauma in their lives.³⁰

What Conditions Co-Occur with PTSD?



78% OF THOSE WITH A DIAGNOSIS OF PTSD

experienced depression at some point in their lifetime.²³



PEOPLE WHO SUFFER FROM PTSD

may be more likely to attempt suicide.²¹

How Does PTSD Affect Veterans?



NEARLY 300,000 VETERANS

who have returned from Iraq and Afghanistan are currently suffering from PTSD.²⁵



21 VETERANS COMMIT SUICIDE

each day in the United States.²⁵

WHAT TREATMENT IS AVAILABLE FOR PTSD?

No definitive diagnostic tests have been developed for PTSD.

Studies have shown that genetics influence a person's risk of developing PTSD after trauma; a landmark global collaboration of more than 80,000 biosamples identified three possible loci or chromosomal points involved in PTSD.

What Treatment is Available?

There has been no FDA-approved therapeutic for PTSD in nearly 20 years. The only approved medications for the treatment of PTSD are the selective serotonin reuptake inhibitors, but these medications are only fully effective for less than a third of patients and, in some studies, have not demonstrated superiority over placebo in managing the core symptoms, particularly in complex PTSD. In 2020, CVB is spearheading an innovative clinical trial, an adaptive platform trial (APT) to identify effective PTSD treatments.

Cohen Veterans Bioscience (CVB) is leading the development, advocacy and implementation of a Brain Trauma Blueprint (BTB) to accelerate the progression toward a new generation of precision diagnostics and targeted therapeutics for trauma-related brain disorders including PTSD.

ADDITIONAL INFORMATION & RESOURCES

If you have taken steps to end your life, call 911 immediately.

Please use contact below if you are having suicide ideation:

National Suicide Prevention Hotline – 1-800-273-8255

National Sexual Assault Hotline – (800) 656-HOPE

National Center for PTSD – Veterans Crisis Line – (800) 273-8255

Women's Veterans Call Center – 1-855-VA-Women

Learn more about PTSD: www.ptsd.va.gov

For caregivers:

www.caregiver.va.gov/pdfs/FamilyCaregiversGuideTo_PTSD.pdf

Visit CohenVeteransBioscience.org to learn about our PTSD research programs

Cohen Veterans Bioscience is a national nonprofit 501(c)(3) public charity research organization dedicated to fast-tracking the development of diagnostic tests and personalized therapeutics for the millions of veterans and civilians who suffer the devastating effects of trauma-related and other brain disorders.