



PTSD treatment in VA is top-notch

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Post Traumatic Stress Disorder (PTSD) is a common disorder that can affect anyone but it is more prevalent in combat soldiers. This anxiety disorder, which sometimes occurs after experiencing or witnessing a traumatic event, can cause problems in every aspect of life if not treated early.

VA is a world leader in PTSD treatment and research. Mental health services are provided at all VA medical centers and community-based outpatient clinics. In our Network, each medical center has a PTSD clinical team or a specialist that focuses on the treatment of PTSD. These clinicians collaborate with their counterparts throughout our Network of medical centers and clinics to regularly share ideas on the management and treatment of the disorder and to keep each other abreast of new research and approaches to care. Currently, these clinicians are exploring new treatment options for our nation's newest veterans.

In this newsletter, we list some of the symptoms of PTSD and resources to find out more information about the disorder. I urge you to take a look at these and if you think you have the symptoms, please talk with your doctor. We can help.

Is it PTSD?

Post Traumatic Stress Disorder (PTSD) is an anxiety disorder that can develop after experiencing or witnessing a traumatic event. Those who develop the disorder have stress reactions to the traumatic event that do not go away on their own and may get worse over time.

Symptoms can include but are not limited to—reliving the trauma in some way, isolating yourself from other people, and feeling on guard, irritable, or startling easily.

Treatment involves a variety of forms of talk therapy and medication.

To find out more about PTSD, you can visit the National Center for PTSD online at www.ncptsd.va.gov or talk to your health care provider. However, if you feel your symptoms are so severe that you fear you may be a danger to yourself or others, get help immediately by calling 911.

New features of My Health_eVet site include PTSD screening



Registered users of the My Health_eVet Web site now have access to more features designed to help them better manage their health care. New screening tools on

the site can help veterans determine whether they have symptoms commonly associated with post traumatic stress disorder, depression, alcoholism, and substance abuse.

Another new feature coming soon to the site will enable veterans to add electronic copies of portions of their VA medical records to their personal health records.

Currently, the Web site allows users to record and store health information and measurements such as blood pressure readings, cholesterol counts, temperatures, and health histories, refill VA prescriptions, and access medical information from reliable health libraries.

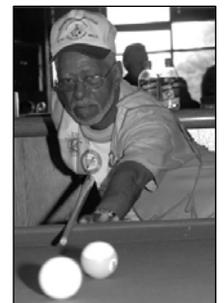
To find out more about all of the site's features, visit www.myhealth.va.gov.

Veterans prepare for friendly competition in Houston

South Central VA Health Care Network is proud to be the site of the 21st Annual National Veterans Golden Age Games. The Michael E. DeBakey VA Medical Center in Houston is the host of this year's event to be held August 21—September 1, 2007.

The Golden Age Games are designed for veterans, age 55 and older, who receive health care at one of the VA medical facilities across the country. Participants compete in events such as swimming, bicycling, golf, shot put, discus, 10-meter air rifle, table tennis, dominoes, shuffleboard, horseshoes, nine-ball, bowling, checkers, and croquet.

More than 1,000 volunteers are needed to assist with a full range of activities taking place during the Games. If you would like to volunteer, you can call (713) 794-7135 or visit the Golden Age Games online at www.veteransgoldenagegames.org.



2005 Golden Age Games hosted by the VA Medical Center in Oklahoma City