



Someone can have post-traumatic stress disorder (PTSD) if he or she experienced, witnessed, or participated in something that was traumatizing. PTSD can result from terrifying experiences such as rape, kidnapping, natural disasters, war or serious accidents such as airplane crashes. The psychological damage can interfere with a person's ability to hold a job or to develop intimate relationships with others.

**Anyone can develop PTSD, even children.**

### SIGNS AND SYMPTOMS

People with PTSD typically avoid situations that remind them of the traumatic event because they can cause intense distress or even panic attacks. Symptoms include:

- Constantly reliving the event
- Persistent anxiety
- Exaggerated reactions
- Difficulty concentrating
- Nightmares
- Insomnia

### DIAGNOSIS

Someone can be diagnosed with PTSD if the symptoms last over one month. Signs and symptoms may not show up immediately after the event for some people.

### TREATMENT

Treatment for PTSD often includes both psychotherapy and medication. Psychotherapy can help people who have PTSD get back a sense of control over their lives. They also may need therapy to change patterns of behavior and to learn relaxation techniques.

Support from family and friends can help speed recovery and healing. Medications can ease the symptoms as well. Speak with your primary care provider or behavioral health provider if you have the above symptoms or any other concerns.

### SELF-HELP TIPS

- Talk about the painful event with family and friends.
- Exercise regularly to work out your frustration and anger.
- Try yoga, meditation, or deep breathing exercises.
- Make time to relax, exercise, and do things you enjoy.

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.



如果一個人曾經歷、親眼目睹或參與了一些創傷事件，就有可能患上創傷後遺症。創傷後遺症由可怕的經歷造成，如強姦、綁架、自然災害、戰爭或嚴重事故，如飛機墜毀等。心理傷害可能會妨礙一個人的工作能力或人際關係。

**任何人，甚至兒童，  
都有可能患上創傷後遺症。**

## 徵兆和症狀

有創傷後遺症的人一般會避免可能提醒他們創傷性事件的事物和環境，因為它們能引起患者強烈的悲痛，甚至恐慌症發作。

症狀包括：

- 不斷重溫事件
- 持續的焦慮
- 誇張的反應
- 難以集中注意力
- 夢魘 / 發惡夢
- 失眠

## 診斷

如果上述症狀持續超過一個月，就會被診斷為創傷後遺症。症狀未必一定在創傷後立刻出現。

## 治療

治療創傷後遺症通常包括心理治療和藥物治療。心理療法可以幫助患者管理自己的生活重回正軌。他們還可能需要通過治療去改變他們的行為模式以及學會放鬆技巧。

家人和朋友的支持能加快病人的恢復和痊癒。藥物亦可幫助減輕焦慮，緩解症狀。如果您有以上症狀或任何其他疑問，請告訴您的主診醫生或心理醫生。

## 自助心得

- 與家人和朋友談談那個創傷事件
- 定期運動，以解除您的挫折和憤怒
- 嘗試瑜伽、沉思或深呼吸運動
- 花時間放鬆、運動或做您喜歡的事情

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。  
若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。