

# life with

**According to the Department of Veteran Affairs, experts believe:**

**11-20%** of Veterans that served in Operation Iraqi Freedom and Operation Enduring Freedom suffer from PTSD.

**10%** of Desert Storm Veterans suffer from PTSD.

**30%** of Vietnam Veterans suffer from PTSD.



[www.operationadoptsoldier.org](http://www.operationadoptsoldier.org)

*Operation Adopt A Soldier is a 501C\* nonprofit organization that strives to care for and support military Soldiers and their families in times of life crises. All services are available to military families in MA and NH, whether deployed or not.*

# PTSD

*An interview with a 57 year old disabled Gulf War veteran and a 30 year old disabled Iraq veteran:*

**Q. What were some of your PTSD symptoms?**

Not sleeping  
Always feeling on edge  
Withdrawing from people  
Short temper  
Irritated/Angry  
Mood swings  
Feelings of guilt  
Suicidal thoughts  
Nightmares

**Q. How are they triggered?**

Traumatic events  
Loud noises  
Large Crowds  
Bright Lights  
Flashbacks from deployment

**Q. How has this impacted your life?**

*It has isolated me from society, and made me a social hermit. I live in fear because I can't control when I'm going to have an episode.*

