

Carol Sosa

10/5/20

Start Time: 11:15pm

End Time: 11:30pm

An illness someone I know someone has to live with is my twin sister whom has PTSD. PTSD is a psychiatric disorder that may occur in people who have experienced or witnessed a traumatic event. People with PTSD have intense, disturbing thoughts and feelings related to their experience that last long after the traumatic even has ended. They may relive the event through flashbacks or nightmares; they may feel sadness, fear or anger; and they may feel detached or estranged from other people. PTSD may avoid situations or people that remind them of the traumatic event, and they may have strong negative reactions to something as ordinary as a loud noise or accidental touch. The condition may last months or years, with triggers that can bring back memories of the trauma accompanied by intense emotional and physical reactions.