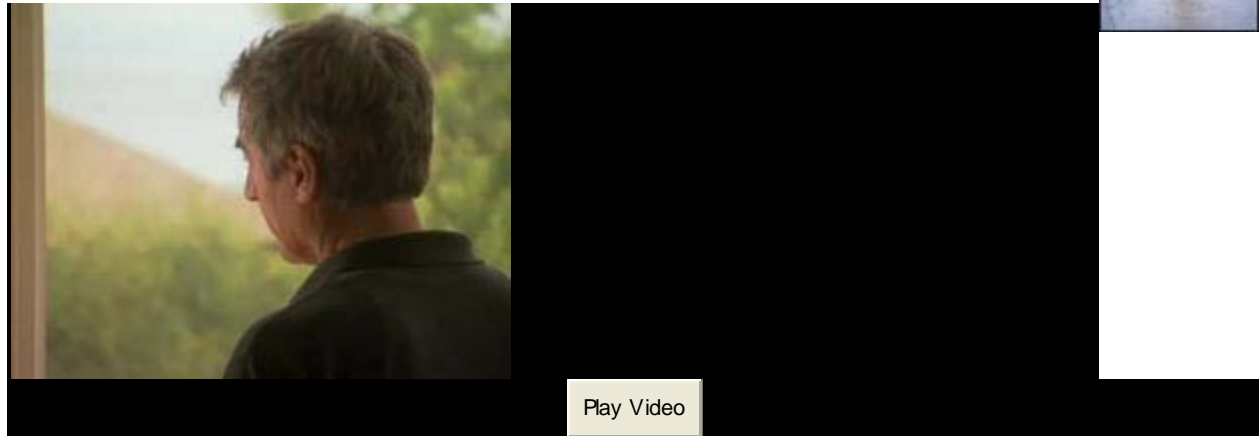


Health and Wellness News

PTSD Ups Addiction Risk

Those suffering from post-traumatic stress are two-to-three times more likely to becoming addicted to alcohol or drugs, a new study shows.

Brentwood, TN 9/04/2009 09:23 PM GMT (TransWorldNews)



[Post Comments](#)

[Add to Favorites](#)

Post-traumatic stress disorder (PTSD) can be a response to a variety of traumatic events, according to the National Center for PTSD. Soldiers returning from Iraq and Afghanistan, survivors of natural disasters, auto accidents, acts of terrorism and victims of sexual abuse or other crimes are all at risk. A new study confirms that PTSD sufferers are also at greater risk for addiction. The study reported by the Navy Times showed that smoking rates among people with PTSD is nearly double that of the general population, as is the rate of alcohol abuse and dependence. The drug addiction and dependence rate is almost three times that of the general adult population.

PTSD Linked to Substance Abuse

The report, "PTSD and Health Risk Behavior," posited that the high addiction rates may be due to the fact that many PTSD victims use alcohol and other drugs in an attempt to self-medicate. Heavy use of alcohol, tobacco and other drugs leads to additional health problems for the PTSD sufferer, compounding the issue, so addiction treatment is necessary.

La Paloma's dual-diagnosis approach to treatment is tailored to those dealing with a substance abuse problem or alcohol addiction as well as a behavioral issue such as PTSD, clinical depression or bi-polar disorder. If you or someone you know needs help with a substance abuse problem, contact [La Paloma's](#) toll-free number **877-345-1887**. Someone is there to take your call 24 hours a day and answer any questions you have.