

Vets: Be courteous with fireworks

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(KWES) We celebrate our independence on July 4th, but for the very same people who protect our freedom, it can be a difficult day to deal with.

For many veterans with PTSD, the sound of fireworks brings back terrifying memories of combat.

"You hear the sound of fireworks, and for you that amygdala may transport you to memories of summer barbecues, warm wind, and joyous memories, whereas for the soldier with PTSD, there's

a dark side and that amygdala can transport you to memories of the battlefield," explains Iraq war veteran and PTSD expert Dr. Sudip Bose.

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