



Helping Your Soldier With The Battle At Home 01/21/12

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Robert Guaderrama

rguaderrama@cbs7.com

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As thousands of American soldiers head home from war, many are expected to be battling another fight, once they get home. According to a study just released by the "RAND Corporation," 1 out of every 5 soldiers returning home will have some form of Posttraumatic Stress

Disorder. Medical professionals say most don't want to admit they need help but say *family and friends* can change that.

"Even though there may be no wounds on the body, the mind may still be wounded," said Dr. Sudip Bose, Medical Center Hospital.

For many soldiers returning home the battle is not over once they reach American soil. Dr. Sudip Bose says thousands will feel the effects of Posttraumatic Stress Disorder for years to come.

"A lot of young men and women coming back today are facing problems, they've seen people blown up, their buddies killed, they've had to face that and it's a tough situation and they need help," said Jim Silvers, Commander – VFW 7208.

Commander Jim Silvers knows what it's like to live with the disorder. He recalls a memory from when he returned from war.

"I was laying in my room asleep and my mother came in and grabbed me by the arm and i hit her and knocked her down, oh i felt bad but i though someone was trying to attack me," said Silvers.

Dr. Bose says the responsibility lies in the hands of family and friends to identify the signs of PTSD.

"Number one is reliving of that event, nightmares, hallucinations. The second is agitation, waking up irritable or angry. Third is avoidance, the soldier will become a hermit," said Dr. Bose.

He says relatives need to encourage their serviceman or woman to seek help.

"What happens is you have the macho soldier and he doesn't wanna seek help because he thinks it's a sign of weakness which in reality it's not," said Dr. Bose.

Though family might encounter opposition, Commander Silvers says persistence is key.

"Keep trying, show that you love them and keep working on it, sooner or later they'll come around," said Silvers.