



REFLECTIONS ON COMBAT - RELATED TRAUMATIC STRESS

"It seems ironic that we give medals to veterans who after being physically wounded in battle, continue to fight, protect and save their fellow comrades instead of seeking much needed medical attention for themselves. Yet when they are emotionally wounded in battle and put off treatment for themselves so they can continue to fight, protect, and save their comrades, some judge them as being weak. I do not see them as being weak. I see them just as much as heroes as those who have been physically wounded in battle. They should not be made to feel shame, instead, they should feel pride.

So, if you have PTS and have not yet sought out medical attention now is the time to act.

Remember you are not in combat anymore. You are home. Your primary mission today is to take care of yourself so you can be there for those you love and for those who love you. They have been missing you as much as you have been missing yourself. Do you hear that sound? The medevac helicopter is here for you now. It is time to get on the chopper. It's time to get on with the rest of your life.

Thank you for your service."

Dr. Richard Pimentel