



### Actor Noah Wyle Encourages Americans To Take A Self-Quiz And Talk To Their Doctor About Posttraumatic Stress Disorder

(NAPS)—Noah Wyle has devoted a good deal of time to organizations that are focused on helping people who have experienced a trauma including physical or sexual assault, a natural disaster such as a hurricane or earthquake, a serious accident or even the sudden, unexpected death of a loved one.

Now, Noah is encouraging all Americans who have experienced, witnessed or learned about a traumatic event to learn about the signs and symptoms of a serious medical condition called posttraumatic stress disorder or PTSD. PTSD can occur in millions of people following a traumatic event. The answers to the self-quiz below can help a physician or other qualified healthcare professional learn if someone has the symptoms of PTSD.

Posttraumatic stress disorder affects one out of 13 Americans at some point in their lives, most of them women. PTSD can happen to anyone who experiences, witnesses or learns of a traumatic event. In some people, PTSD may develop following an extreme traumatic event in which there was threatened death or serious injury, and the individual's response involved intense fear, helplessness or horror.

A study has shown that more than 50 percent of adults in the United States will experience at least one major trauma in their lifetime. Another study has shown that about 20 percent of those who experienced an extreme trauma went on to develop PTSD. Rape and physical assault or battering are the traumas that most often lead to PTSD. The important thing to know is that treatment of PTSD is available and recovery is possible.

Your answers to the following self-quiz can help your doctor or other healthcare professional determine if you or someone you care about has symptoms of posttraumatic stress disorder.\*

After the traumatic event:

- Did you avoid being reminded of the experience by staying away from certain places, people or activities?
- Did you lose interest in activities that were once important or enjoyable?
- Did you begin to feel more isolated or distant from others?



**Actor Noah Wyle and PTSD survivor Kellie Greene are national spokespeople for *Moving Past Trauma*<sup>™</sup>.**

- Did you find it hard to have love or affection for other people?
- Did you begin to feel that there was no point in planning for the future?
- Did you have more trouble than usual falling asleep or staying asleep?
- Did you become jumpy or get easily startled by ordinary noises or movements?

If you or someone you care about answered yes to some of these questions, discuss the answers with your doctor or other healthcare professional. Only your doctor or other qualified healthcare professional can make a diagnosis of PTSD.

To learn more about posttraumatic stress disorder and its treatments, call the toll-free information line for the Pfizer/YWCA *Moving Past Trauma*<sup>™</sup> PTSD Community Outreach Program at 1-800-455-8300. You will have an opportunity to order free educational brochures about PTSD, its treatments and this program. The free brochures are available at your local YWCA as well.

For a list of your local YWCA locations, go to [www.YWCA.org](http://www.YWCA.org). Some YWCAs throughout the country will be holding special educational programs about PTSD designed for frontline professionals, such as rape crisis counselors, police, firefighters and emergency room personnel. Members of the community also will be invited to these events. In addition, Noah and PTSD survivor Kellie Greene will participate in several media events at YWCA chapters across the country.

\* Breslau N Peterson EL, Kessler RC, Schultz LR. *Am J Psychiatry*. 1999; 156:908—911. Wording provided by N. Breslau, PhD (written communication, Sept. 21, 1999).