

PTSD symptoms emerged decades after military service

Don: When I finally got out of Vietnam, we had to fly with a uniform on, and when you got in the airports, it was terrible. You hear the stories of people spitting on Vets and they did it. It wasn't a lot, but it was enough that it wasn't pretty. And I just blocked things out. I got home, got married two weeks later, got a job after I got married, and went on with life. I didn't have an immediate reaction. I just blocked it out. I didn't want to remember anything; I didn't even think about it and if stuff came on the TV I'd just turn it off or change channels. I wouldn't watch. The only time I did is when they finally evacuated Saigon, I did watch that. But it didn't hit me until 9-11, and I didn't know it. It was several months later, my wife finally says, "You have to go to the doctor's." So, I did. I went and I was diagnosed with PTSD and my first reaction was "Why now, and why so many years later?" And they just said something set it off, something hit a nerve and brought it back.



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