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DEPARTMENT OF VETERANS AFFAIRS



VA Greater Los Angeles Healthcare System

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Researchers at Los Angeles VA find link between PTSD and Cardiovascular Disease

VA Greater Los Angeles (GLA) researchers Dr. Naser Ahmadi and Dr. Ramin Ebrahimi have found a link between cardiovascular disease and post-traumatic stress disorder (PTSD).

The study conducted is the first of its kind to make a direct association between PTSD and atherosclerotic cardiovascular disease. Dr. Ahmadi and Dr. Ebrahimi want Veterans and other individuals to know that while PTSD is a psychological/psychiatric disorder, it could have significant medical consequences.

"PTSD may increase the risk of other medical disorders," said Dr. Ebrahimi, VA GLA Researcher.

The population of Veterans involved in the study (637 veterans) consisted of Veterans without known coronary artery disease. Those Veterans were then scanned for clinical indicators and their psychological health status (PTSD and without PTSD). In subjects with PTSD, coronary artery calcium (CAC) was more prevalent than those without PTSD. Also, risk of death in each CAC category was higher in subjects with PTSD than those without PTSD.

Both researchers hope that with these findings, the association between PTSD and cardiovascular disorders are studied more closely to improve the care provided to patients.



Dr. Ramin Ebrahimi (left) and Dr. Naser Ahmadi (right)



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