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**FOR IMMEDIATE RELEASE**

**RESEARCHERS AT LOS ANGELES VA FIND LINK BETWEEN PTSD AND CARDIOVASCULAR DISEASE**

**LOS ANGELES, CA., July 26** - VA Greater Los Angeles (GLA) researchers Dr. Naser Ahmadi and Dr. Ramin Ebrahimi have found a link between cardiovascular disease and 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.

Should you have further questions or concerns regarding this matter, please contact our public affairs office at (310) 268-3340.

**About the VAGLAHS:** VAGLAHS is the largest, most complex healthcare system within the Department of Veterans Affairs. GLA consists of three ambulatory care centers, a tertiary care facility, and 10 outpatient clinics. GLA serves Veterans residing throughout five counties: Los Angeles, Ventura, Kern, Santa Barbara, and San Luis Obispo. There are 1.4 million Veterans in the GLA service area. Visit us on the web for more information [www.losangeles.va.gov](http://www.losangeles.va.gov)

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