

# Patient information from BMJ

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## Post-traumatic stress disorder: questions to ask your doctor

**If you have been diagnosed with post-traumatic stress disorder (PTSD), you may want to talk to your doctor to find out more. Here are some questions you may want to ask.**

- Why did I get PTSD?
- How long will I feel like this?
- I felt bad after what happened, but now I feel worse. Why can't I get over it?
- Are there any treatments that will help me?
- What is the best treatment?
- Are there any treatments I should avoid?
- Should I try to forget about what happened?
- Should I avoid things that remind me of what I have been through?
- I keep having flashbacks and feel as if I'm going through the trauma all over again. How can I stop this happening?
- I want to talk to someone about what I've been through, but I can't talk about it with my family or friends. Who can I talk to? Is there a support group or support services?

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