

## Vietnam war veterans story excerpt

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This is the number word ex first in a number-part series about the stories and sacrifices of Adjective men and women during the Noun War. The series complements a state in US Public Television initiative coming this summer honoring veterans of the war.

Otis "Eddie" Smith Jr. verb-ed direction as he recounted the advice his family member gave him as a age Marine about to Verb Base Form for Proper Noun.

"She said, 'You do what's Adjective in your body part, and you'll come back to me,'" he said.

As he recalled that moment, his body part plural filled with Noun Plural. He stood up and left the room, apologizing to a Noun.

Just as his same family member hoped, Smith returned from his length of time tour in Vietnam Adjective, at least to the naked eye. But the age Ijamsville resident has continued to cope with the mental and emotional ramifications.

Most often, it's the memories that inspire tears -- things he never talked about until recently. Some pieces of his past he is Verb Present ends in ING for the first time in this interview -- of water running down dirt paths stained

\_\_\_\_\_ Adjective with blood and bodies left on the side of the Que Son Mountains for days before

\_\_\_\_\_ Noun Plural could retrieve them.

It doesn't take a war story to bring on waves of emotion, though.

"I can be \_\_\_\_\_ Verb Present ends in ING \_\_\_\_\_ direction the \_\_\_\_\_ Proper Noun, and my emotions just start for no reason," Smith said.

He recalled a recent conversation with a fellow customer at \_\_\_\_\_ store \_\_\_\_\_ store. The woman told him that her son was a machine gunner in the Marine Corps. He immediately thought back to a machine gunner in his squad with the \_\_\_\_\_ firstsecondetc Battalion, 7th Marines, who was killed in combat.

Fresh tears filled his eyes as he explained the connection.

"It really shook me up," he said.

Smith is not alone. About \_\_\_\_\_ large number,000 Vietnam theater veterans have post-traumatic stress disorder, as well as a specific subcategory called war-zone post-traumatic stress disorder, according to a \_\_\_\_\_ year study published by the American Medical Association. The subcategory applies specifically to people who experienced

trauma in a violent war zone.

About a third of those veterans also suffer from depression, more than four decades after the war.

Smith returned home from \_\_\_\_\_ Adjective combat in \_\_\_\_\_ year. For the first \_\_\_\_\_ number years, he threw himself into his work, rising through the ranks to various leadership positions for large construction and development companies in \_\_\_\_\_ state in Us.

It kept him busy, kept the difficult thoughts at bay. When those memories caught up with him, he turned to \_\_\_\_\_ form of drug for comfort.

He gave up \_\_\_\_\_ Verb Present ends in ING after he realized it was becoming a problem.

He said his first marriage -- he's now on his third -- ended in part because of his inability to manage the waves of anger and sadness that overtook him.

Even then, he didn't talk about it.

"I'm the type of person that liked to keep things suppressed, \_\_\_\_\_ Adjective," he admitted.

Shortly

before he retired in 2011, the flashbacks, nightmares, anger and bouts of uncontrollable crying began anew.

He spent Christmas of that year in treatment for post-traumatic stress disorder in the Martinsburg Veterans Affairs Medical Center in state in us state in us, where he stayed for several months. When he got out, he continued to see a Noun for some time.

"They really helped me," he said of the treatment center doctors and ensuing counselors. "They taught me not to suppress."

Ronald Hoover is the post-traumatic stress disorder research Proper Noun manager at the Military Operational Medicine Research Program at Fort Proper Noun.

As a licensed psychologist, Hoover has treated veterans with the disorder. Its symptoms include an inability to recall key parts of the traumatic event or experience positive emotions, disruptions in Adjective sleep patterns and Adjective flashbacks.

"For some people, it's so Adjective that it's almost as if they're reliving the experience," Hoover said.

In general, he said, veterans suffering from post-traumatic stress disorder have a state of Adjective anxiety



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"Things that require the body and the mind to relax, such as sleep -- they don't happen the way they do in people who don't suffer from PTSD," Hoover said.

But the disorder is likely to affect more than the brain. In her research, Marti Jett has found that post-traumatic stress disorder can age combat veterans more quickly.

Jett is chief scientist of the Systems Biology Enterprise at the U.S. Army Center for Environmental Health Research at Fort Noun. In a collaborative study with other research institutions, Jett is analyzing the genomes of recent combat veterans in their number and number and active-duty service members.

So far, they have found that the DNA repair mechanisms in their veteran test subjects have been weakened by the disorder, adding years to their lives. "They look number years older than they are," Jett said.

Jett's study excluded Vietnam War veterans because they are likely to have what are "comorbid" illnesses, which in this case are conditions such as depression that occur simultaneously with post-traumatic stress disorder.

"There are a lot of \_\_\_\_\_ Adjective illnesses that occur as people become \_\_\_\_\_ number and older," Jett said.

"It's difficult to understand what may have been from war and from their lives."

\_\_\_\_\_ branch of service veteran Robert "Bob" Wyatt Jr., who lives in Harpers Ferry, West Virginia, developed post-traumatic stress disorder in \_\_\_\_\_ year and \_\_\_\_\_ one year after previous year after spending nearly every day under fire for more than 300 days while working as a Seabee in a \_\_\_\_\_ Adjective \_\_\_\_\_ Noun village.

He didn't carry a weapon or wear a military uniform while he was in the village, which made him

\_\_\_\_\_ Adjective from opposing Vietnamese forces but a target of American forces at the same time,

\_\_\_\_\_ male name said.

It was an assignment he worked hard to get. His father, a World War II veteran, tried to persuade him not to enlist. At the time, \_\_\_\_\_ same male name was married and had a newborn son.

"I could not see what my son would say if I tried to avoid my country's call," \_\_\_\_\_ same male name said.

Once he enlisted, he became part of the \_\_\_\_\_ Noun Plural, Navy units that build everything from buildings to bridges, and are also known as the U.S. Naval Construction Force. At the refugee camp, \_\_\_\_\_ same male name was helping to build a school for \_\_\_\_\_ race of person children.

But as someone who grew up in a devoted, religious family, he wanted to do more. He assisted a chaplain and gave last rites to hundreds of dying service members in country or continent.

same male name remembers being bombarded with Adjective rounds at least once or twice a day.

While he was out collecting sand and building materials for the school, he often heard shooting.

Despite the danger, he enjoyed the work. "I was probably high on something you can be high on," he said.

Wyatt was never physically injured. His troubles and illnesses developed after he came home.

"We didn't know what PTSD was, but we knew there was something wrong with me," he said.

He was Adjective in crowds and quick to anger. He had Adjective headaches from the time he came home from Vietnam until just a few months ago, he said.

Nearly number years ago, doctors found he had developed body part or parts cancer, which

same male name believes is a consequence of his exposure to Agent color.

He hit a turning point in his own struggle with post-traumatic stress disorder when he found out that the disorder has

\_\_\_\_\_ Adjective effects on the brain.

He started \_\_\_\_\_ Verb Present ends in ING Veterans, an organization that strives to counsel veterans who suffer from post-traumatic stress disorder and help them find jobs and \_\_\_\_\_ Adjective homes.

Wyatt's approach is to teach people with PTSD that the illness physically alters a part of the brain that stores and recalls memories. Veterans in Wyatt's program get counseling and support from their peers as they work toward a \_\_\_\_\_ Adjective life.

"We only know it's working because our men's lives are changing," he said.

Building Veterans houses about \_\_\_\_\_ number veterans in a home in \_\_\_\_\_ place, as veterans move in and graduate throughout the year. Wyatt hopes to renovate a \_\_\_\_\_ number adj Brunswick house this year to serve more veterans.

As for the hope of curing the disorder, Hoover said psychological research and treatment have come a long way, but PTSD is still a challenge.

"I think the objective of a \_\_\_\_\_ high number to \_\_\_\_\_ slightly higher number percent cure rate is certainly our target . I don't think we are there, for a variety of reasons," he said.

