CASE REPORT: Reversal of Combat PTSD with tVNS in Combination with an Anti-Neuroinflammatory Regimen

DR. PATRICK NEMECEK, D.O. & JEAN NEMECEK, J.D., NEMECEK AUTONOMIC MEDICINE, ARIZONA, U.S.A.

INTRODUCTION

Chronic PTSD and associated autonomic dysfunction (AD) in soldiers is associated with markers of inflammation (elevated CRP and DAG) and decreased serum DHA and EVOO. The risk of post-deployment post-traumatic stress disorder (PTSD) is associated with low-levels of DHA and EVOO and high levels of proinflammatory cytokines and markers of inflammation. The use of small portable tVNS devices, changes in cooking oils used in food preparation and daily supplement packets of fish oil could potentially allow soldiers to recover more quickly from and even prevent the physical and emotional traumas capable of causing Chronic PTSD and associated autonomic dysfunction (AD) in soldiers. The empirical evidence associated with soldiers contracting and suffering from post-concussion syndrome, obviously, the use of the regimen could greatly benefit soldiers with pre-existing PTSD, chronic depression and the risk of suicide.

METHODS

The subjects were two new (age: subject #1 - 78, subject #2 - 36) men who had suffering from severe combat-induced PTSD for 60 and 11 years in duration, respectively. Both subjects had been diagnosed with PTSD by psychiatrists within the U.S. Veteran Affairs health care system as well as private community-based mental health specialist. Both subjects were frequent fits of rage and anger that were frequent fits of rage and anger that resulted in the destruction of property, job loss and significant disruption of his family. The predominant symptoms for subject #2 were severe combat-induced PTSD for 60 and 11 years in duration, respectively. The subjects were two men (age: subject #1 - 78, subject #2 - 36) who had suffering from severe combat-induced PTSD for 60 and 11 years in duration, respectively. The predominant symptoms for subject #2 were frequent fits of rage and anger that resulted in the destruction of property, job loss and significant disruption of his family.

RESULTS

SUBJECT #1

AFTER 8 AND 5 MONTHS OF TREATMENT, RESPECTIVELY, BOTH SUBJECTS EXPERIENCED COMPLETE RESOLUTION OF THEIR PTSD-ASSOCIATED SYMPTOMS AS WELL AS NORMALIZATION OF THEIR RESTING AUTONOMIC INDICES.

SUBJECT #2

AFTER 8 AND 5 MONTHS OF TREATMENT, RESPECTIVELY, BOTH SUBJECTS EXPERIENCED COMPLETE RESOLUTION OF THEIR PTSD-ASSOCIATED SYMPTOMS AS WELL AS NORMALIZATION OF THEIR RESTING AUTONOMIC INDICES.

CONCLUSION

Chronic PTSD and associated autonomic dysfunction (AD) in soldiers is associated with markers of inflammation (elevated CRP and DAG) and decreased serum DHA and EVOO. The risk of post-deployment post-traumatic stress disorder (PTSD) is associated with low-levels of DHA and EVOO and high levels of proinflammatory cytokines and markers of inflammation. The use of small portable tVNS devices, changes in cooking oils used in food preparation and daily supplement packets of fish oil could potentially allow soldiers to recover more quickly from and even prevent the physical and emotional traumas capable of causing Chronic PTSD and associated autonomic dysfunction (AD) in soldiers. The empirical evidence associated with soldiers contracting and suffering from post-concussion syndrome, obviously, the use of the regimen could greatly benefit soldiers with pre-existing PTSD, chronic depression and the risk of suicide.

FUTURE CONSIDERATIONS

The empirical evidence associated with soldiers contracting and suffering from post-concussion syndrome, obviously, the use of the regimen could greatly benefit soldiers with pre-existing PTSD, chronic depression and the risk of suicide.

REFERENCES:


Conflict of Interest: None
Funding: Self-funded
For More Information: dr@autonomicmed.com