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# PTSD linked to increased complications and death a year after cardiac arrest

American Heart Association Meeting News Brief -  
Presentation 13, Session: 09

**Embargoed until 4 a.m. CT/ 5 a.m. ET, Monday, Nov. 5, 2018**

DALLAS, Nov. 5, 2018 — Post-traumatic stress disorder (PTSD) symptoms may significantly increase [cardiac arrest](#) survivors' risk of major cardiovascular events and death up to a year after the initial medical crisis, according to preliminary research to be presented in Chicago at the American Heart Association's Resuscitation Science Symposium 2018 - an international conference highlighting the best in cardiovascular resuscitation research.

PTSD, which is common following cardiac arrest, was associated with a three-fold increased risk of death from any cause or a major heart event in a review of 114 patients who had been resuscitated after in-hospital or out-of-hospital cardiac arrest between 2015 and 2017.

Of 114 consecutive patients who survived with mild to moderate brain injury, 36 (31.6 percent) were diagnosed with cardiac-arrest-induced PTSD at discharge, which was an average of 21 days after the cardiac arrest. During the follow up of more than a year, 10 patients (8.8 percent) died and 29 (25.4 percent) experienced a recurrent major adverse cardiovascular event, such as rehospitalization due to heart attack, severe chest pain, heart failure or an emergency procedure to open clogged arteries or to implant a defibrillator/pacemaker.

Researchers recommend further study to understand the underlying mechanisms.

**Note: Scientific presentation is 9 a.m. CT, Sunday, Nov. 11, 2018 at the Hyatt Regency Chicago.**

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## Additional Resources:

- Downloadable images related to this news brief are on the right column <https://newsroom.heart.org/news/ptsd-linked-to-increased-complications-and-death-a-year-after-cardiac-arrest?preview=da5aac8185c1a34fbb78d802957efdfc>
- [PTSD, traumatic experiences may raise heart attack, stroke risk in women](#)
- For more information on this researcher, see [NeuroCardiac](#)
- For more news at AHA Resuscitation Science Symposium 2018, follow us on Twitter [@HeartNews](#) #RESS18.

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