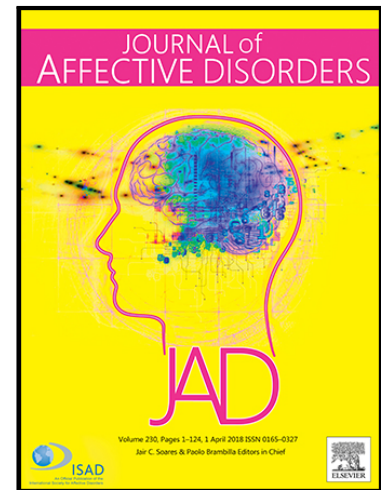


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Cardiovascular Risks in Relation to Posttraumatic Stress Severity among Young Trauma-Exposed Women

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Highlights

- Little research, particularly among women, has documented mechanisms by which PTSD might confer cardiovascular disease (CVD) risk during early adulthood.
- This study was designed to examine whether the number and relative levels of CVD risk factors are associated with posttraumatic stress symptom severity among young, trauma-exposed women.
- Posttraumatic stress severity was associated with lower high-density lipoprotein levels and higher triglycerides, greater systolic and diastolic blood pressure, greater body mass index, and a greater number of total CVD risk factors.
- These findings support the contention that, in the absence of medical illness, posttraumatic stress symptom severity among young women is associated with several CVD risk factors early in life.

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