

WEBVTT

- 1 00:00:02.160 --> 00:00:04.120 What if time doesn't heal all wounds?
- 2 00:00:04.320 --> 00:00:07.710 What if the past is never truly forgotten?What if we could link the
- 3 00:00:07.910 --> 00:00:10.980 greatest public health crises of our time to one single idea?
- 4 00:00:11.670 --> 00:00:13.650 There is a strong relationship between trauma
- 5 00:00:13.850 --> 00:00:15.240 and health throughout a person's life.
- 6 00:00:15.600 --> 00:00:18.780 For us to have better health we need to understand the prevalence of this trauma.
- 7 00:00:19.200 --> 00:00:20.760 Adverse childhood experiences,
- 8 00:00:20.960 --> 00:00:23.130 or ACEs, can help explain this relationship.
- 9 00:00:23.790 --> 00:00:27.420 In 1998, breakthrough research linked adversities in childhood
- 10 00:00:27.690 --> 00:00:28.950 with adult health outcomes.
- 11 00:00:29.340 --> 00:00:32.909 Nearly two thirds of adults have at least one adverse childhood experience.
- 12 00:00:33.270 --> 00:00:34.710 ACES can include neglect,
- 13 00:00:34.980 --> 00:00:37.380 abuse, significant household dysfunction
- 14 00:00:37.650 --> 00:00:38.820 and community adversity.
- 15 00:00:40.240 --> 00:00:42.880 ACEs cause a toxic amount of stress hormones in the body.
- 16 00:00:43.080 --> 00:00:46.419 Their presence negatively impacts the healthy development of children's hearts,
- 17 00:00:46.619 --> 00:00:48.250 brains and immune systems.
- 18 00:00:48.940 --> 00:00:52.455 Countless studies show that the roots of many common diseases stem from ACEs.
- 19 00:00:53.290 --> 00:00:54.880 This connection must be utilized.
- 20 00:00:55.120 --> 00:00:57.995 If health care providers can better understand the realities of their patients,
- 21 00:00:58.195 --> 00:00:59.530 they can better serve them.
- 22 00:01:00.070 --> 00:01:02.890 We can no longer ignore the toll that trauma takes on our lives.

23 00:01:03.090 --> 00:01:05.350 It must be an element of every health discussion.

24 00:01:05.550 --> 00:01:07.990 ACEs will not always cause poorer health outcomes.

25 00:01:08.380 --> 00:01:09.910 There are ways to protect against them,

26 00:01:10.110 --> 00:01:11.200 and to heal them in adulthood.

27 00:01:11.650 --> 00:01:14.830 Patients deserve care that is tailored to their personal experiences

28 00:01:15.030 --> 00:01:17.800 and strategies that recognize the realities of everyday life.

29 00:01:18.280 --> 00:01:21.010 Without acknowledging the connections between past stressors

30 00:01:21.210 --> 00:01:24.729 and current physical health, we are missing too many opportunities to help people

31 00:01:24.929 --> 00:01:26.640 realize their full health potential.