

Stellate Ganglion Block for PTSD: Erase PTSD Now Calls for Greater Awareness

As SGB research continues, Erase PTSD Now encourages people to examine the science and learn about evolving PTSD treatment options.

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Sometimes one of the greatest barriers to a new idea is a simple assumption: If this were legitimate, surely I would have heard about it. Erase PTSD Now believes that assumption deserves to be challenged when it comes to trauma care.

Stellate Ganglion Block (SGB) is not a new medical procedure. It has a long history of use in medicine, particularly in pain management and sympathetic nervous system conditions. Its use for symptoms associated with post-traumatic stress disorder (PTSD), however, remains unfamiliar to many people, even as researchers continue to study it and patients continue to seek it as a potential treatment option.

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Coleen LaCosta

That unfamiliarity can lead to an understandable question: Why haven't I heard about this? Erase PTSD Now believes that question should be the beginning of learning, not the end of it.

“Not knowing about something doesn't make it ineffective, just as hearing about something doesn't make it effective,” said Coleen LaCosta, Executive Director of Erase PTSD

Now. “That's what the research is for. Read it. Question it. Listen to patients. Talk with qualified medical professionals. Curiosity should come before conclusions.”

PTSD affects people across professions, backgrounds and experiences. Veterans and first



Unfamiliar? Learn More.

responders may develop symptoms following repeated exposure to traumatic events, while survivors of sexual assault, childhood abuse, domestic violence and other forms of trauma may live with symptoms for years before finding care that works for them.

Traditional PTSD treatment can include psychotherapy, medications or combinations of approaches. Yet not every person responds to treatment in the same way, which is one reason researchers continue investigating additional approaches. Among those being studied is [Stellate Ganglion Block for PTSD](#).

SGB involves an injection of local anesthetic near the stellate ganglion, a collection of sympathetic nerves in the neck involved in the body's stress response. Researchers have investigated whether temporarily blocking those nerves may help reduce certain symptoms associated with PTSD.

The scientific literature surrounding SGB and PTSD includes case reports, observational studies and randomized controlled research, with additional research continuing into effectiveness, durability, technique and which patients may be most likely to benefit. Erase PTSD Now maintains information for people who want to learn about Stellate Ganglion Block for PTSD.

Erase PTSD Now is not asking the public to take the organization's word for it. The nonprofit encourages patients, families, healthcare professionals and anyone interested in trauma treatment to examine the evidence themselves. Scientific understanding does not advance because everyone immediately agrees. It advances through questions, testing, replication, disagreement, additional research and better data.

That distinction is especially important as conversations about PTSD treatment increasingly extend beyond traditional approaches.

Research matters. So do the experiences of people living with trauma. Patient testimonials are not clinical trials, and individual experiences cannot predict how another person will respond to treatment. But listening to people who have undergone SGB can help families, researchers, clinicians and the public better understand why people seek different approaches to PTSD care.

For some, that begins with simply asking questions about a treatment they had never previously encountered.

The organization's message is deliberately simple: learn before deciding. Be willing to ask questions, examine the evidence and remain open to what continued research may teach us.

Because awareness is not proof that a treatment works. But unfamiliarity is not proof that it doesn't.

ABOUT ERASE PTSD NOW - Erase PTSD Now is a 501(c)(3) nonprofit organization dedicated to

expanding access to care for people affected by trauma and PTSD, particularly individuals facing financial barriers to treatment. The organization supports treatment access, research and public awareness surrounding trauma, post-traumatic stress disorder and Stellate Ganglion Block.

For more information, visit [Erase PTSD Now](#).

Medical Disclaimer: This release is provided for educational and informational purposes only. It is not medical advice and does not recommend or endorse a particular treatment for any individual. People considering treatment for PTSD or trauma-related symptoms should consult a qualified healthcare professional.

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