It’s been conclusively determined by a 15 year body of research. Toxic Stress is detrimental to brain architecture, disrupting the developing brain, and damaging lifelong health. For your patients, this means, as adults, they’re more likely to experience not just depression, drug abuse, and alcoholism—but diabetes, cancer, and heart, lung, and liver disease, among other major health problems. More often than not, your patients’ parents are living examples of this.

Yet, there is also significant evidence that certain treatments can reverse the neurological and psychological effects of toxic stress. But first, you need to know what to look for. Enter Adverse Childhood Experiences (ACEs). ACEs have served as a critical measure of the lifelong impact of toxic stress. Remarkably, ACEs scores have a proven dose-response relationship with the onset of adult illness.

You have both the science and the solution to make a significant, unprecedented, lifelong impact on your patients—and their parents. The kind of impact we’ve all dreamed of making.

To learn what you can do to identify and reduce toxic stress, visit aap.org/theresilienceproject

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