

I've discovered that adverse childhood experiences can cause these common and frequently serious life problems.

Type of Problem*	Outcomes Significantly Associated with ACEs
Medical Diseases	Ischemic heart disease, cancer, including lung cancer, chronic lung disease, skeletal fractures, sexually transmitted diseases, autoimmune diseases, liver disease, and early death; and others not yet published
Risk Factors for Common Diseases/Poor Health	Smoking, alcohol abuse, promiscuity, obesity, illicit drug use, injected drug use, increased exposure to toxic psychiatric drugs, multiple somatic symptoms, poor self-rated health, high perceived risk of AIDS
Poor Mental Health	Depressive disorders, anxiety, hallucinations, panic reactions, sleep disturbances, memory disturbances, poor anger control, risk of perpetrating or being a victim of domestic violence
Sexual & Reproductive Health	Early age at first intercourse, sexual dissatisfaction, teen pregnancy, unintended pregnancy, teen paternity, fetal death, others not yet published
General Health & Social Problems	High perceived stress, difficulty with job performance, relationship problems, marriage to an alcoholic

*Note that these data are backed up by several studies conducted at the Centers for Disease Control.