

Medical Edge Radio from Mayo Clinic

Easing the Fear of Shots

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
	NOBODY LOOKS FORWARD TO GETTING A SHOT. LET'S FACE IT THEY CAN HURT. BUT IT DOESN'T HAVE TO BE A TRAUMATIC EXPERIENCE FOR YOU OR YOUR CHILD.
Robert Jacobson, M.D. Track 4 (1:12)	"IT SOMETIMES HURTS AND THERE'S SOMETIMES TEARS. BUT IT'S STILL THE RIGHT THING TO DO."
	DR. ROBERT JACOBSON HEADS THE PEDIATRIC MEDICINE DEPARTMENT AT MAYO CLINIC. HE SAYS IT'S IMPORTANT TO TALK

	<p>WITH YOUR CHILDREN ABOUT THE SHOT BEFORE THE VISIT. LET THEM KNOW WHAT IT'S FOR, WHY IT'S GOOD FOR THEM, AND YES, THAT IT CAN HURT.</p>
<p>Dr. Jacobson Track 4 (1:34)</p>	<p>“SURPRISING YOUR CHILD AT THE END OF THE VISIT OR HANDLING IT WITH SUCH FEAR AND TREPEDIATION THAT YOU’RE SHAKING MORE THAN THE CHILD ONLY SETS YOU UP FOR FAILURE.”</p>
	<p>AND NEVER THREATEN YOUR CHILD WITH A SHOT. DON’T MAKE THE SHOT A PUNISHMENT. IT ISN’T. IT’S A GIFT YOU GIVE THEM. FOR THOSE KIDS WHO ARE REALLY FEARFUL OR HAVE PHOBIAS, DR. JACOBSON RECOMMENDS RELAXATION AND DISTRACTION TECHNIQUES. EVEN CLINICAL HYPNOSIS CAN HELP.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO</p>

	MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.