

Mayo Clinic Medical Edge

Caregiver Stress

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	CARLITA JUDGE HAS HAD PARKINSON'S DISEASE FOR 20 YEARS. HER HUSBAND JIM HAS BEEN PRIMARY CAREGIVER THE ENTIRE TIME.
Jim Judge Caregiver	"I CAN NEVER REALLY RELAX BECAUSE CARLITA MAY NEED ME."
	THE CONSTANT DEMANDS OF HELPING CARLITA CAN BE VERY STRESSFUL. MAYO CLINIC DR. JENNIFER BORTZ SAYS UNTREATED STRESS CAN TAKE ITS TOLL ON MIND AND BODY.
Jennifer Bortz, Ph.D. Mayo Clinic Psychologist	"STRESS IS LINKED TO SIX OF THE MAJOR CAUSES OF MORTALITY."

	<p>TO BETTER UNDERSTAND HOW CAREGIVER STRESS AFFECTS THE BODY, AND TO POSSIBLY DECREASE CAREGIVERS' RISK OF MEDICAL ILLNESS, RESEARCHERS ARE STUDYING THE EFFECTS OF A STRESS EDUCATION PROGRAM. IT TEACHES MEDITATION, EMPHASIZES TIME AWAY FROM CARE GIVING AND THE BENEFITS OF JOINING A SUPPORT GROUP. JIM AND CARLITA KNOW THAT CARE GIVING IS STRESSFUL. BUT MANAGING THAT STRESS MAKES THEIR JOURNEY EASIER.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>