

Mayo Clinic Medical Edge

Diagnosing PTSD

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	ACCIDENTS... NATURAL DISASTERS...VIOLENCE.
James Rundell, M.D.	"EVERYONE WHO'S EXPOSED TO A TRAUMATIC EVENT WILL HAVE SOME TYPE OF REACTION. EVEN RESILIENT PEOPLE CAN HAVE A REACTION RIGHT AFTER A TRAUMATIC EVENT."
	A PERFECT EXAMPLE SAYS MAYO CLINIC PSYCHIATRIST DR. JAMES RUNDELL, IS SEPTEMBER 11 TH .
Dr. Rundell	"IT WAS HARD NOT TO BE AFFECTED BY IT, EVEN IF YOU WERE JUST WATCHING IT ON TELEVISION."

	<p>FLASHBACKS, NIGHTMARES AND AVOIDING THINGS THAT REMIND YOU OF AN INCIDENT ARE NOT UNCOMMON.</p>
<p>Dr. Rundell</p>	<p>“IT’S ONLY WHEN THEY AFFECT SOCIAL AND OCCUPATIONAL FUNCTIONING AND LAST LONGER THAN JUST A FEW WEEKS THAT WE BEGIN TO SAY THAT THESE PEOPLE ARE DIFFERENT, THAT POST-TRAUMATIC STRESS DISORDER EXISTS.”</p>
	<p>POST-TRAUMATIC STRESS DISORDER OR PTSD IS AN ANXIETY DISORDER. AND WHILE YOU MAY NEVER COMPLETELY ERASE YOUR MEMORIES, TREATMENT CAN HELP CUSHION THEIR IMPACT ON YOUR LIFE.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>
