

**Mayo Clinic Medical Edge**  
**Post Traumatic Stress Disorder**

1:00

**Log**

**Audio**

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| <b>Intro with music</b>    | GIVING YOU THE EDGE ON<br>HEALTHY LIVING, HERE'S MAYO<br>CLINIC'S MEDICAL EDGE.   |
|                            | FOR MOST OF US, THE FOURTH OF<br>JULY WOULDN'T BE COMPLETE<br>WITHOUT THE FIREWORKS. BUT<br>SOME PEOPLE WOULDN'T THINK<br>OF GOING TO A DISPLAY.                    |
| <b>James Rundell, M.D.</b> | "AN EXAMPLE WOULD BE PEOPLE<br>WHO HAVE BEEN EXPOSED TO<br>COMBAT BECAUSE IT CREATES A<br>LOT OF ANXIETY."  |
|                            | ACCORDING TO MAYO CLINIC<br>DOCTOR JAMES RUNDELL,<br>AVOIDANCE OF ACTIVITIES IS ONE<br>OF THE SIGNS OF POST-<br>TRAUMATIC STRESS DISORDER OR<br>PTSD. THE SECOND IS |

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|                    | RECOLLECTIONS—FLASHBACKS, NIGHTMARES OR DREAMS. THE THIRD SIGN IS A PHYSICAL ACTIVATION.   |
| <b>Dr. Rundell</b> | “THE BODY RESPONDS AS IF IT’S BEING EXPOSED TO A THREAT WHEN A THREAT IS EITHER NOT THERE OR WAS REMOTELY IN THE PAST. BUT IT RESPONDS AS IF THERE IS A CURRENT THREAT.”   |
|                    | UNTREATED, THAT ANXIETY CAN LEAD TO ADDITIONAL MENTAL AND PHYSICAL PROBLEMS. AND COMBAT ISN’T A PREREQUISITE, ANYONE WHO HAS EXPERIENCED OR WITNESSED A TRAUMATIC EVENT—A FLOOD, A TORNADO, AN ACCIDENT—CAN BE AFFECTED. |
|                    | FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I’M VIVIEN WILLIAMS.   |
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