

Mayo Clinic Medical Edge  
Children & OCD

1:00

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Audio

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	GIVE A MAN A FISH AND HE'LL EAT FOR A DAY. TEACH A MAN TO FISH AND HE'LL EAT FOR A LIFETIME. IT'S AN OLD TEACHING. IT'S SORT OF THE SAME WHEN TREATING KIDS WITH O-C-D OR OBESSIVE COMPULSIVE DISORDER. RESEARCH SUGGESTS THAT BOTH MEDICATIONS AND BEHAVIORAL THERAPY ARE EFFECTIVE. BUT...
<b>Stephen Whiteside, Ph.D.</b> <b>Track 6 (:40)</b>	"IF YOU DO BEHAVIOR THERAPY CORRECTLY, THAT'S THE MOST EFFECTIVE TREATMENT FOR KIDS WITH ANXIETY. AND IT DOES GIVE

	THEM SKILLS THAT THEY CAN USE THE REST OF THEIR LIVES.”
	DR. STEPHEN WHITESIDE AND HIS COLLEAGUES AT MAYO CLINIC EXAMINED OVER 20-YEARS OF DATA ON THE ISSUE. KIDS WITH O-C-D ARE PLAGUED WITH PERSISTENT, ILLOGICAL FEARS. BEHAVIORAL THERAPY, TEACHES CHILDREN TO FACE THOSE FEARS
<b>Dr. Whiteside</b> <b>Track 6 (1:58)</b>	“THE IMPORTANT THING IS THAT PARENTS ARE AWARE OF THEIR CHILD’S EXPERIENCES AND TAKE TIME TO TALK WITH THEM AND LISTEN TO THEIR FEARS AND CONCERNS.”
	TAKING THEM SERIOUSLY AND GETTING THEM HELP IF THAT’S WHAT THEIR CHILD NEEDS.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.
