

Mayo Clinic's Medical Edge
OCD and Kids

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	FOR TEENAGER PAUL JOHNSON, SINGING IS AN ESCAPE FROM THE TORMENT OF OBSESSIVE COMPULSIVE DISORDER.
Paul Johnson, patient	"IT SEPARATES MY OCD FROM ME AND MAKES ME BE FREE."
	FREE FROM DEBILITATING FEARS ABOUT GERMS AND GETTING SICK. THE HOURS HE SPENT WASHING OVER AND OVER ONLY MADE HIS ANXIETY WORSE. BUT FACING THOSE FEARS, NOT TRYING TO WASH THEM AWAY, IS WHAT'S HELPING PAUL GET BETTER.

	MAYO CLINIC PSYCHOLOGIST DR. STEPHEN WHITESIDE CALLS IT EXPOSURE THERAPY.
Stephen Whiteside, Ph.D.	“ON A SCALE OF 0 TO 100 HOW NERVOUS DO YOU FEEL?”
Paul	“PROBABLY A 75 OR 80.”
	PAUL’S NERVOUS NOW BECAUSE HE’S ABOUT TO EXPERIENCE AN EXPOSURE. BUT HE CONFRONTED HIS FEAR WITH NO ILL EFFECTS.
	A RECENT STUDY SUGGESTS EXPOSURE THERAPY WORKS BETTER THAN MEDICATIONS. DR. WHITESIDE SAYS IT’S NOT A CURE, BUT IT GIVES MANY PATIENTS THE TOOLS THEY NEED TO KEEP THE DISORDER UNDER CONTROL.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.