

WELLNESS WATCH



Coming To Terms With Tragedy

(NAPSA)—Physicians across the country have been presented with the important and unique challenge of helping patients come to terms with the September 11 attacks.

According to psychiatrist and president of the American College of Osteopathic Neurologists and Psychiatrists (ACONP), Timothy J. Kowalski, DO, doctors will be called upon to provide grief counseling for patients who are trying to come to terms with the attacks, all across the country. He says to do this effectively, it's important that physicians understand the significance of psychological trauma.

Psychological trauma can influence people's behavioral patterns. People may stop eating, sleeping and being physically active. Some may be tempted to turn to alcohol or drugs.

The American Osteopathic Association (AOA) and the ACONP offer these tips to help people avoid such trauma and cope with the effects of the September 11 attacks.

- Talk about your feelings right away. Talking and expressing emotions can go a long way in the healing process. Not communicating can make anxiety and fear levels rise.

- Know that what you are experiencing is normal. People across the country—both patients and physicians—are having similar reactions to the attacks. Feelings of grief, fear, apathy, anger



Talking to your doctor and expressing your emotions can go a long way in the healing process.

and pain are all normal reactions to the situation.

- Reading or watching news reports about the attacks and their aftermath can be therapeutic. Information can help decrease anxiety levels. Repeated exposure to harsh images, however, can be counter-therapeutic—especially for small children.

D.O.s are fully licensed physicians able to prescribe medication and perform surgery. They treat people, not just symptoms.

To learn more about D.O.s and osteopathic medicine, visit the American Osteopathic Association's Web site at www.aoa-net.org or call toll free 1-800-621-1773.