

HEALTH CAPSULE: #664 PANIC ATTACKS

Cosgrove Communications

VIDEO

AUDIO

OPENING BILLBOARD	(:05) ANNC: THRIFT DRUG PRESENTS HEALTH CAPSULE.
PKB WITH MONITOR HC LOGO: PANIC ATTACKS	(:12-) PKB: If you've ever had a <u>panic attack</u> , you <u>know</u> how distressing they can be. So do the <u>other three million</u> Americans who have them.
CG: PKB	I'm Patrice King Brown, and in this Health Capsule report we'll talk about panic attacks.
MIDDLE BILLBOARD	(:05) ANNC: HEALTH CAPSULE IS SPONSORED BY THRIFT DRUG.
CU PKB	(:30+) PKB: Panic attacks bring a sudden, overwhelming sense of danger and a need to escape.
CG: PANIC ATTACKS . Shallow breathing, pounding heartbeat, sweating, choking, intense fear of dying or going insane . Cause unknown, but theories include fearful childhood and neurological "false alarms" that lead brain to believe it's deprived of oxygen	They're marked by shallow breathing, pounding heartbeat, sweating, a sense of choking, and an intense fear of dying or going insane. The cause is unknown, but theories include a fearful childhood and a series of neurological "false alarms" that lead the brain to believe it's being deprived of oxygen.
PKB WITH MONITOR	There is treatment available. The most effective approach combines medications with psychotherapy, and works in 70 to 90 percent of patients.
CLOSING BILLBOARD	(:07) ANNC: FOR ALL YOUR MEDICATION QUESTIONS, CALL THE THRIFT DRUG "ASK OUR PHARMACIST" LINE. OR VISIT THRIFT DRUG.

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HEALTH CAPSULE: #665 CHOOSING SHOES FOR EXERCISE

Cosgrove Communications

VIDEO

AUDIO

OPENING BILLBOARD	(:05) ANNC: THRIFT DRUG PRESENTS HEALTH CAPSULE.
PKB WITH MONITOR HC LOGO: CHOOSING SHOES FOR EXERCISE CG: PKB	(:11) PKB: If you exercise, wearing the right shoes can make the exercise more effective <u>and</u> help prevent injury. I'm Patrice King Brown, and in this Health Capsule report we'll look at choosing shoes for exercise.
MIDDLE BILLBOARD	(:05) ANNC: HEALTH CAPSULE IS SPONSORED BY THRIFT DRUG.
CU PKB CG: CHOOSING SHOES FOR EXERCISE . Differences among types of athletic shoes are real . Amount, location, type of support vary, so buy shoe made for your exercise . Shop after you exercise or late in day, and wear exercise socks	(:31) PKB: Regular <u>canvas sneakers</u> look great, but they don't provide enough <u>cushioning</u> for any exercise but <u>light walking</u> . For anything <u>else</u> , you need <u>athletic</u> shoes. There are shoes <u>designed</u> for aerobics, running, walking, tennis, cross-training, and more-- and the <u>differences</u> among them <u>are real</u> . The <u>amount</u> , <u>location</u> , and <u>type of support</u> <u>vary</u> , so buy the shoe made for the exercise <u>you</u> do. Shop <u>after</u> you exercise or <u>late in the day</u> when your <u>feet</u> are the <u>largest</u> , and be sure to <u>wear</u> your exercise <u>socks</u> .
PKB WITH MONITOR	Buying the right exercise shoes does your <u>whole body</u> a favor.
CLOSING BILLBOARD	(:07) ANNC: FOR ALL YOUR MEDICATION QUESTIONS, CALL THE THRIFT DRUG "ASK OUR PHARMACIST" LINE. OR VISIT THRIFT DRUG.

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