



RELEASE

PENN STATE PRESIDENT DISCUSSES POST-TRAUMATIC STRESS DISORDER ON WPSU-TV/FM

UNIVERSITY PARK, PA (June 21, 2007) - Post-traumatic stress disorder (PTSD) will be the topic of the next edition of "To the Best of My Knowledge," Penn State President Graham Spanier's monthly call-in show, airing at 7 p.m., Tuesday, June 26, on WPSU-TV and WPSU-FM.

Exposure to a severely traumatic event can cause nightmares, flashbacks and difficulty sleeping, which can all be early warning signs of PTSD. Dr. Spanier and his guests will address how common PTSD is, who is affected by it, and how it can be treated.

President Spanier's guests are Thomas Uhde, M.D., the Chair of the Department of Psychiatry at Penn State College of Medicine's Milton S. Hershey Medical Center and a specialist in Post Traumatic Stress Disorder, and Philip Bressler, Ph.D., a psychologist with the James E. Van Zandt VA Medical Center in Altoona. Bressler leads the center's PTSD support groups.

Viewers and listeners are invited to join the conversation with questions or comments by calling 1-800-543-8242 or e-mailing response@psu.edu during the broadcast.

A monthly feature on WPSU-TV and WPSU-FM, "To the Best of My Knowledge" features Penn State faculty, local experts and national guests in discussions on a variety of topics. In its 10th year of production, the program reaches viewers, Web users and listeners and allows the audience to communicate directly with Penn State's president.

WPSU serves central Pennsylvania with programming, educational services and community outreach. This public media service produces, acquires and distributes programs that address local interests and reflect the diverse cultural, political, geographic and demographic characteristics of an audience within central Pennsylvania.

###

Contact:
Jill Filby
WPSU
jillfilby@psu.edu
814-863-9912