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CONVERSATIONS UNLIMITED - MONDAY, JAN. 13, 1986

INTRO UP AND UNDER

Hi, everybody. How're you ~~feeling~~ <sup>feeling</sup> today? A bit tired? Well, you've come to the right place. You may not feel any less tired while you listen to Conversations Unlimited but you should know more about why you feel the way you do. Our guest today is Dr. Anthony F. Valdini. He is assistant professor of family medicine at the State University of New York at Stony Brook and his research specialty is the subject of...fatigue. I'm tired just thinking about it, Dr. Valdini.

INTERVIEW DR. VALDINI:

Define fatigue

What are its causes? Physical exertion

Dietary

Psychological

What kinds of people are most likely to show symptoms?

Discuss some examples of patient cases

What forms of diagnosis are usually tried?

14:00

We'll take a short break. If you're tired, you can take a brief rest. We'll be right back. Please stay with us.

BRIDGE MUSIC UP AND UNDER

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Hi. I'm Al Oickle, and I'm at the State University of New York at Stony Brook with Dr. Anthony Valdini. He's a medical doctor, a professor in family medicine at Stony Brook and a researcher in the subject of fatigue. We've been talking about that tired feeling, where it comes from. We'll be talking now about the research that Dr. Valdini is carrying on at Stony Brook. You have an ongoing program of examining patients, Doctor?

INTERVIEW DR. VALDINI:

Describe his program: eligibility, makeup of patients

What procedures are carried out in the beginning? In study?

How certain is the diagnosis?

What results are predictable? Possible?

Advice to people about avoiding fatigue

29:00

OUTRO

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