

Targeting PTSD with two Navy SEAL Physicians. Sean Mulvaney, MD with guest host, Robert Adams, MD.



PEER SPECTRUM
JOURNEYS IN MEDICINE
with **KEITH MANKIN MD** and **COLIN MILLER**

North Carolina, Durham, Feb 18, 2021 ([Issuewire.com](https://www.issuewire.com)) - Targeting PTSD with two Navy SEAL Physicians. Sean Mulvaney, MD with guest host, Robert Adams, MD.

RESEARCH TRIANGLE PARK, NC. Feb, 18th 2021 -- Former US Navy SEAL, Delta Force Command Surgeon, and family physician, Dr. Robert Adams is the first “Guest Host” on the popular medical podcast, PeerSpectrum. Today Dr. Adams is joined by his good friend and former colleague, Dr. Sean Mulvaney. Dr. Mulvaney is also a former US Navy SEAL turned army physician. A nationally recognized expert and researcher, Dr. Mulvaney specialize in treating veterans and others diagnosed with PTSD.

“I feel like a million pounds was taken off me...the best analogy I got for you is, like, if you took from being downtown New York City in rush hour traffic to, all of a sudden, driving down a quiet country road with nowhere to be.”

-Medal of Honor recipient and Marine veteran Dakota Meyer told “60 Minutes” immediately following PTSD SGB treatment by Dr. Sean Mulvaney.

About this episode and Dr. Sean Mulvaney:

- Dr. Mulvaney served 31 years in the US military as both a US Navy SEAL and US Army physician.
- Dr. Mulvaney was the first clinician to use Stelleate Ganglion Block (SGB) to treat combat-related PTSD.
- He is currently a staff physician with Regenerative Orthopedics and Sports Medicine in Annapolis, Maryland

About PTSD:

- According to the Veteran’s Administration and National Center for PTSD, 7-8% of the US population will have PTSD at some point in their lives. About 8 million adults have PTSD during a given year. This is only a small portion of those who have gone through trauma.
- About 10 of every 100 women (or 10%) develop PTSD sometime in their lives compared with about 4 of every 100 men (or 4%).
- Between 11-20% of veterans who served in Operations Iraqi Freedom (OIF) and Enduring Freedom (OEF) have PTSD in a given year. It is estimated that 30% of Vietnam Veterans have had PTSD in their lifetime.

Explore this episode and more on [iTunes](#), www.PeerSpectrum.com, and all major podcast players.

Link to this episode: <https://peerspectrum.com/episodes/>

About PEERSPECTRUM

Our listeners include thousands of physicians and medical professionals worldwide. We dive deep with uncommon conversations in and around medicine. A NASA Astronaut, a Navy Seal, an Antarctic Explorer, an NFL surgeon, a Buddhist Priest: what do they all have in common? They're all physicians and all guests on PeerSpectrum.

Hosted by Dr. Keith Mankin and Colin Miller. Keith is a retired pediatric orthopedic surgeon and Colin works in the medical device space.

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Past Guests and Episodes:

Robert Gale, MD, PhD: UCLA, Hematology, and Oncology. International Nuclear Accident Expert. Invited by USSR to treat patients following the nuclear disaster at Chernobyl. Thanked by name in Mikhail Gorbachev's address to the Soviet people regarding the incident.

Devi Shetty, MD: Personal physician and surgeon to Mother Teresa. Founder of \$1.1 Billion Narayana Health System.

Susan Eisenhower: Policy advisor, consultant, and author of "How Ike Led." Granddaughter of Dwight Eisenhower.

Lloyd Minor, MD: Dean of the Stanford University School of Medicine.

Mona Hanna-Attisha, MD: Pediatrician, professor, and public health advocate whose research exposed the Flint water crisis. Time Magazine, 100 most influential people.

David Sinclair, PhD: Professor in the Department of Genetics and co-Director of the Center for the Biology of Aging at Harvard Medical School. Author of the NYT Best Seller, "Lifespan." Time Magazine,

100 most influential people.

Burton Malkiel, PhD: Economist, former Dean of the Yale School of Management. President's Council of Economic Advisers. Author of the iconic investment book, "A Random Walk Down Wall Street."

Gavin Francis, MD: Antarctica base physician and author. Recipient of the Scottish National Book Award.

Sir David Spiegelhalter, PhD: Cambridge University Statistician. ISI highly cited researcher, a fellow of the Royal Society. Author of, "The Art of Statistics: Learning from Data." The host of several series for the BBC.

Michael Barratt, MD: Physician and current NASA Astronaut



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