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**For Immediate Release**

## ***AfterShock* Author Jessie Gruman to Speak at Carnegie Library of Pittsburgh**

***Dr. Gruman cites libraries and librarians as valuable health resources in her book *AfterShock: What to Do When the Doctor Gives You – or Someone You Love – A Devastating Diagnosis****

**(PITTSBURGH, PA – September 10, 2007)** – Jessie Gruman Ph.D., author of *After Shock: What to Do When the Doctor Gives You – or Someone You Love – a Devastating Diagnosis*, will share her personal insights, sound scientific knowledge and practical advice during a free lecture at Carnegie Library of Pittsburgh – Main in Oakland on Wednesday, September 26. The lecture will begin at 6:00 p.m. in the Library’s Lecture Hall.

*After Shock* is written for people who are feeling both desperate about their future and at a loss about negotiating the unfamiliar health care system. NBC News anchor Tom Brokaw cites the book as “a comprehensive and invaluable guide through the fear and confusion that comes with the news that you or someone close to you has a devastating illness.” The book provides practical guidance for both the recipient of the news as well as the patient’s family. *After Shock* gives advice on issues including how to respond to the news of a devastating diagnosis, how to negotiate the health care system and how to approach certain necessary tasks while in shock about the news.

“Receiving bad health news sparks great personal upheaval,” Dr. Gruman writes. “Some people rage against the unfairness and some wither from sadness. Some people lose their faith, others find it. Some are torn between their fear of pain and their fear of death. Families are wracked by the threat of loss. It is a time when nothing is certain and the future looks dark.”

Dr. Gruman was nineteen years old when first diagnosed with an advanced case of Hodgkin's disease. Two additional cancer diagnoses and a hospital stay for a dangerous heart condition have taught her that expertise and experience offer little protection against the painful shock of bad medical news.

She is the founder and president of the Center for the Advancement of Health, an independent, nonpartisan Washington-based policy institute that works to ensure that people are able to meet the demands placed on them by health information that is increasingly complex. A Ph.D. in social psychology from Columbia University, Dr. Gruman is also a Professorial Lecturer in the School of Public Health at The George Washington University and serves on the boards of trustees of the Advisory Panel on Medicare Education of the U.S. Department of Health and Human Services, the Public Health Institute, the Sallan Foundation, and the Center for Information Therapy. She is the recipient of an honorary doctorate in public policy from Carnegie Mellon University and the Presidential Medal of The George Washington University, and is the author of numerous articles and essays published in scholarly journals and media.

Dr. Gruman’s lecture is presented in partnership with Carnegie Mellon University and the Jewish Healthcare Foundation. Reservations to this free event are requested. Please contact [werners@carnegielibrary.org](mailto:werners@carnegielibrary.org) or call 412.578.2586.

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Established as a public trust in 1895, Carnegie Library of Pittsburgh serves the citizens of Pittsburgh and Allegheny County with a distinguished history of leadership among the country's great public libraries. Through its 19 neighborhood locations, including Main Library and the Library for the Blind and Physically Handicapped, Carnegie Library of Pittsburgh is the region's most visited asset. Each year the Library provides more than 6,000 free programs, classes and other learning and training opportunities that are tailored to meet the dynamic and diverse needs of people living in Western Pennsylvania.