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NEWS

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*****Popular PBS Series "Here's To Your Health" To Begin Second Season April 19.

DALLAS--Watching television can improve your health. At least that's the belief of the producers of "Here's To Your Health," a program about to begin its second successful season on public television stations throughout the country.

Designed to interpret otherwise complex medical subjects for the general public, "Here's To Your Health" is really a self-care series. With nationally-known guest hosts and regular co-host M.D.s, each half-hour program offers easily understandable, often entertaining advice. The show is an outgrowth of the popular "Dan Foster, M.D." series.

Drs. Al Roberts and Anne Race, both of The University of Texas Health Science Center at Dallas, serve as the weekly co-hosts. Roberts is associate dean and professor of internal medicine at the health science center and Race is associate professor of psychiatry and director of student mental health.

"I am committed to the series," says Roberts, "because I believe people who view it regularly gain a better understanding of the health care system and a lot more knowledge of what they can do to maintain and improve their health. I also think we help people make more rational choices from a bewildering array of health care services."

Roberts, a nephrologist (kidney specialist), was instrumental in establishing a kidney dialysis unit at Baylor Medical Center.

Anne Race is also committed to the concept of "Here's To Your Health." She is a teacher, physician and practicing psychiatrist and a firm believer in preventative health.

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"The secret of preventative health," says Race, "is not to wait until the crisis occurs. I'd like to help inspire people to take care of themselves, to teach them to learn the difference between problems they can cope with themselves and those that really need the attention of a physician.

An added touch of personality on the program will come from popular entertainers Cyd Charisse and Peter Graves. Actress-dancer Charisse will host the first six programs in the series, and Peter Graves, best known for his long-playing role on Mission Impossible, will host the remaining seven programs.

Expanded coverage for the 1980 edition of "Here's To Your Health" will include more location segments, increased use of animation and more video dramatization to help viewers better understand how to take care of themselves. "Here's To Your Health" cameras will visit leading research centers, hospitals, classrooms and special treatment centers in the country, and many of the nation's foremost medical experts will join Drs. Race and Roberts in passing on the health-care advice.

Titles of the first six programs in the series include "Everyday Aches and Pains"; "Understanding Diabetes", a special two-part program, "The Mysteries of Sleep"; "Traveling Healthy"; and "The Healthy Family."

"Here's To Your Health" is produced for the Public Broadcasting Service by KERA TV, Channel 13, in cooperation with The University of Texas Health Science Center at Dallas. Major funding for the series is from the St. Paul Companies, Inc. with additional funding from the Hillcrest Foundation. Executive producer is David Dowe; producer-writer, Jane Touzel; producer-director, Dave Gardner; associate producer, Kathleen Maloney and researcher-writer, Lana Henderson.

The second season of "Here's To Your Health" will premiere on April 19, at 7:30 p.m. (ET) on local PBS stations.

PHOTOS AVAILABLE UPON REQUEST

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