

Medical Edge Radio from Mayo Clinic

Doctor Visits as We Age

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	AS WE GET OLDER, THE BODY STARTS TO WEAR DOWN. YOUR HEART, YOUR LUNGS, EVENTUALLY EVERYTHING HAS TO WORK A LITTLE BIT HARDER. BUT THAT DOESN'T MEAN ONCE YOU REACH AGE 50 YOU HAVE TO BE A REGULAR AT THE DOCTOR'S OFFICE.
Eric Tangelos, M.D. Track 1 (1:53)	"THE BEST WAY TO STAY OUT OF THE PHYSICIAN'S OFFICE IS TO KEEP YOUR WEIGHT DOWN, DON'T SMOKE AND EXERCISE ON A REGULAR BASIS."
	DR. ERIC TANGALOS IS A PRIMARY

	<p>CARE PHYSICIAN AT MAYO CLINIC. EVEN IF YOU'RE OVER 50, HE SAYS IF YOU'RE FEELING GOOD, YOU PROBABLY DON'T NEED THAT YEARLY OVERALL CHECKUP. BUT THERE ARE THINGS YOU NEED TO STAY ON TOP OF... AND NUMBER ONE IS YOUR CHOLESTEROL.</p>
<p>Dr. Tangalos Track 1 (2:58)</p>	<p>"IF YOU WANT TO PLACE YOUR DOLLAR ON ANY TYPE OF INTERVENTIONAL THERAPY, IT WOULD BE MAKING SURE YOUR CHOLESTEROL IS AT THE RIGHT LEVELS."</p>
	<p>60...70...80... NO MATTER WHAT YOUR AGE, THE PAYOFF IS NEARLY IMMEDIATE, AND CAN ADD YEARS TO YOUR LIFE.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>
