

Medical Edge Radio from Mayo Clinic

Healthy Aging

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	ASK ANYONE OVER 50 AND THEY'LL TELL YOU...THE BODY JUST DOESN'T WORK THE SAME AS AT 20. IN FACT ALL OF US LOSE FUNCTION AS WE AGE...THE HEART... THE LUNGS...ALL ORGANS DECLINE WITH TIME.
Eric Tangalos, M.D. Track 1 (:57)	"OUR JOB IS TO NOT LET ONE ORGAN SYSTEM LOSE OUT BEFORE THE OTHER ONES ARE READY TO GO."
	HOW? THE FORUMULA IS SIMPLE, SAYS MAYO CLINIC DR. ERIC TANGALOS...EAT RIGHT, KEEP YOUR WEIGHT DOWN, EXERCISE

	REGULARLY AND FIRST AND FOREMOST, DON'T SMOKE!
Dr. Tangalos Track 1 (2:10)	“EVERY OTHER SCREENING TEST, EVERY OTHER INTERVENTION THAT WE OFFER DOESN'T COME CLOSE TO WHAT PEOPLE CAN DO FOR THEMSELVES BY STOPPING SMOKING.”
	IT'S THE BEST WAY TO STAY OUT OF THE DOCTOR'S OFFICE. AND CHANCES ARE YOU'LL LOOK BETTER, FEEL BETTER AND HAVE THE ENERGY TO STAY THAT WAY.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I'M VIVIEN WILLIAMS.