

**Mayo Clinic Medical Edge**

**Men's Health Top Five**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
<b>Nats of Motorcycle starting up</b>	JEFF LOVETT WOULD MUCH RATHER BE ON HIS BIKE THAN IN THE DOCTORS OFFICE, BUT HE GOES IN FOR A CHECK UP EVERY YEAR.
<b>Jeff Lovett, Patient</b>	"THE MALES IN MY FAMILY HAVE A HISTORY OF HIGH BLOOD PRESSURE AND PROSTATE TROUBLES."
	MAYO CLINIC DR. JERRY SAYRE SAYS JEFF'S DOING EXACTLY WHAT ALL MEN OVER 35 SHOULD DO... LEARNING ABOUT THE TOP FIVE HEALTH RISKS FOR MEN AND WHAT YOU CAN DO TO LOWER

	<p>THEM. NUMBER ONE IS HEART DISEASE. KNOW YOUR BLOOD PRESSURE AND CHOLESTEROL NUMBERS AND KEEP THEM UNDER CONTROL. DON'T SMOKE, LIMIT ALCOHOL AND PAY ATTENTION TO DIET AND EXERCISE. THESE HEART HEALTHY LIFESTYLES CAN ALSO LOWER YOUR RISK FOR CANCER AND STROKE. NEXT: ACCIDENTS. NO MATTER WHAT YOU DO, USE COMMON SENSE AND TAKE APPROPRIATE SAFETY MEASURES. AND FINALLY, LUNG DISEASE. IT'S TOUGH, BUT IF YOU SMOKE, STOP!</p>
<b>Jerry Sayre, M.D.</b>	<p>"THESE ARE SOME THINGS THAT THEY HAVE CONTROL OVER, AND THAT'S MORE IMPORTANT THAN ANYTHING THAT I AS A PHYSICIAN WOULD DO."</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT</p>

	MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.