

Medical Edge Radio from Mayo Clinic

Cardiovascular Disease

1:00

Log

Audio

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
	HEART DISEASE. IT'S THE NUMBER ONE KILLER OF MEN AND WOMEN. AND AS THE POPULATION AGES, THAT TREND IS EXPECTED TO CONTINUE. BUT HEART PROBLEMS ARE NOT JUST SOMETHING FOR THE ELDERLY TO THINK ABOUT. STUDIES HAVE SHOWN THAT CHANGES IN THE BLOOD VESSELS BEGIN EVEN IN CHILDHOOD.
<b>Dr. Chet Rihal</b>	"SO IT'S ACTUALLY A LIFE LONG PROCESS THAT BUILDS UP SLOWLY OVER MANY YEARS OR IN

	<p>SOME CASES DECADES BEFORE A PROBLEM ACTUALLY HAPPENS.</p> <p>BY THE TIME A PROBLEM HAPPENS IT MAY EVEN BE TOO LATE. ”</p>
	<p>MAYO CLINIC DR. CHET RIHAL SAYS WE NEED TO DEVELOP GOOD HABITS EARLY AND THINK OF BEATING HEART DISEASE AS A LIFE LONG ENDEAVOR. EAT HEALTHY, WATCH YOUR WEIGHT, MAINTAIN AN ACTIVE LIFESTYLE AND IF YOU SMOKE, STOP.</p>
<b>Dr. Rihal</b>	<p>“IT’S REALLY AN OVERALL LIFESTYLE PACKAGE THAT WE NEED TO BE THINKING ABOUT IN TERMS OF PREVENTION.”</p>
	<p>AND IT’S NEVER TOO EARLY TO START.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>
