

Mayo Clinic Medical Edge
Blood Pressure Testing

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	HYPERTENSION... HIGH BLOOD PRESSURE INCREASES YOUR RISK FOR HEART ATTACK, HEART DISEASE, STROKE AND KIDNEY FAILURE. IT'S CALLED THE SILENT KILLER BECAUSE THERE ARE NO SYMPTOMS TO WARN YOU.
Julie Abbott, M.D. Track 2 (5:50)	"WHEN I WAS IN MEDICAL SCHOOL IT WAS A 50-PERCENT RULE. 50- PERCENT OF PEOPLE WHO HAD HYPTERTENSION KNEW THEY HAD HYPTERTENSION. ONLY 50- PERCENT OF THOSE WERE ON ANY TYPE OF TREATMENT. AND ONLY 50-PERCENT OF THOSE

	WERE TREATED SUCCESSFULLY.”
	THAT’S WHY MAYO CLINIC DR. JULIE ABBOTT SAYS EVERYONE SHOULD HAVE THEIR BLOOD PRESSURE CHECKED, AT LEAST EVERY TWO YEARS... EVEN IF THEY’RE YOUNG AND OTHERWISE HEALTHY.
Dr. Abbott Track 2 (2:11)	“THERE ARE INSTANCES WHEN INDIVIDUALS HAVE HIGH BLOOD PRESSURE, EVEN IN THEIR 20’S. AND YOU’D HATE TO LET A DECADE OR TWO GO BY BEFORE YOU KNEW ABOUT THAT.”
	GENERALLY, HIGH BLOOD PRESSURE IS EASILY TREATED, EITHER WITH DIET AND LIFESTYLE CHANGES OR WITH MEDICATIONS.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.
