

Mayo Clinic Medical Edge

Cholesterol Testing

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	A SIMPLE NEEDLE PRICK. THAT'S REALLY ALL IT TAKES TO GET A GLIMPSE INTO YOUR FUTURE. A CHOLESTEROL TEST – A BLOOD TEST – CAN TELL YOU IF YOU'RE AT INCREASED RISK FOR A HEART ATTACK OR STROKE DOWN THE ROAD.
Julie Abbott Track 1 (1:04)	"IN THE LAST 15-20 YEARS WE'VE COME TO APPRECIATE WHAT A VERY POWERFUL FACTOR IT IS IN THE DEVELOPMENT OF BLOOD VESSEL BLOCKAGES AND VASCULAR DISEASE."
	MAYO CLINIC DR. JULIE ABBOTT

	<p>SAYS GUIDELINES FOR CHOLESTEROL TESTING SUGGEST THAT YOU DON'T REALLY NEED TO WORRY ABOUT YOUR CHOLESTEROL LEVELS UNTIL YOUR LATE 30'S OR 40'S. BUT SHE SUGGESTS...</p>
<p>Dr. Abbott Track 1 (4:15)</p>	<p>"ONE MEASURE, MAYBE IN YOUR 20'S OR SOMETHING TO SEE WHERE YOU FALL."</p>
	<p>IF IT'S FINE, GREAT! BUT IF IT'S NOT, YOU CAN START DOING SOMETHING ABOUT IT NOW. DR. ABBOTT SAYS MOST OF US CAN LOWER OUR CHOLESTEROL LEVEL BY 20-PERCENT JUST BY WATCHING OUR WEIGHT, EATING RIGHT, AND GETTING ENOUGH EXERCISE.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>
