

H02 Heart Health Numbers Game

January 2007

Intro: In our culture numbers are everywhere. Phone numbers, bank numbers, license numbers -- everyday we remember and use many of these numbers over and over again. But doctors at Mayo Clinic say most of us don't know or even think about the most important numbers: our heart health numbers. Here are the numbers you need to know to prevent a heart attack or stroke.

Video

Total running time 1:33

VO: Cribbage game

Audio

"14...GO."

21-15-35

LIKE CRIBBAGE, SODUKO OR THE
LOTTERY, IMPROVING YOUR
HEART HEALTH IS A NUMBERS
GAME.

**Gerald Fletcher, M.D.
Mayo Clinic**

"HAVE FUN WITH KNOWING YOUR
NUMBERS AND TRYING TO MAKE
THEM BETTER."

Blood pressure

"MAYO CLINIC DR. GERALD
FLETCHER SAYS TO PLAY THE
GAME YOU HAVE TO KNOW THE
FOUR MOST IMPORTANT NUMBERS
TO GOOD HEART HEALTH. FIRST
GET YOUR BLOOD PRESSURE

**Gerald Fletcher, M.D.
Mayo Clinic**

TAKEN."

"IT CAUSES HEART FAILURE, IT
CAUSES HEARTS TO GET WEAK, IT
CAUSES HEART ATTACK IT
CAUSES STROKE."

120/80

YOUR NUMBERS SHOULD BE NO
HIGHER THAN 120 OVER 80. 115
OVER 75 IS BETTER YET. NEXT,
CHOLESTEROL

115/75

**To roll of dice with space that says
cholesterol**

"THE CHOLESTEROL LEVEL IS
VASTLY IMPORTANT. THE HIGHER
IT IS THE MORE LIKELY YOU ARE
TO HAVE A HEART ATTACK, A
BLOCKAGE OF ARTERIES OR SOME
PROBLEM WITH THE CIRCULATION
TO THE HEART."

Graphics: cholesterol: 200 or lower

KEEP YOUR TOTAL CHOLESTEROL
LOWER THAN 200. NOW BLOOD
SUGAR. YOUR LEVEL SHOULD BE

To blood sugar card

100 OR LOWER. IF IT'S HIGHER
THAN THAT YOU'RE AT INCREASED
RISK OF ADULT-ONSET DIABETES.

100 or lower

Roll of dice to waist circumference

AND FINALLY WAIST

Game Video

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Mayo Clinic

CIRCUMFERENCE. FOR WOMEN
YOUR WAIST SHOULD BE NO
LARGER THAN 35 INCHES. FOR
MEN, 40 INCHES. REMEMBER IT'S A
GAME. CHALLENGE YOURSELF TO
LEARN THESE NUMBERS AND DO
WHAT YOU CAN TO GET THEM
WHERE THEY OUGHT TO BE.
"MANY PEOPLE CAN CONTROL
THEIR BLOOD PRESSURE AS WELL
AS THEIR BLOOD CHOLESTEROL
AS WELL AS THEIR WAIST AS WELL
AS THEIR GLUCOSE IF THEY
EXERCISE PROPERLY, CONTROL
THEIR WEIGHT AND LIVE A
HEALTHY LIFESTYLE."
LIFE STYLE CHOICES THAT CAN
HELP YOU WIN THE HEART
NUMBERS GAME. FOR MEDICAL
EDGE, I'M VIVIEN WILLIAMS

Anchor Tag:

Sometimes no matter how hard you try to control your numbers with diet and exercise it just doesn't work. In that case there are medications that can help. You also can't do anything about family history. If your relatives have heart problems, you might too. So be sure to work with a health care provider to help you get those numbers where they should be. For more information, visit our Web site at ...

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