

**Mayo Clinic Medical Edge**  
**Heart Health Numbers Game**

1:00

**Log**

**Audio**

---

<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	JUST LIKE THE LOTTERY OR SODUKO, IMPROVING YOUR HEART HEALTH IS A NUMBERS GAME. MAYO CLINIC DR. GERALD FLETCHER SAYS TO PLAY THE GAME YOU HAVE TO KNOW THE FOUR MOST IMPORTANT NUMBERS TO GOOD HEART HEALTH. FIRST IS BLOOD PRESSURE.
<b>Gerald Fletcher, M.D.</b>	"IT CAUSES HEART FAILURE. IT CAUSES HEARTS TO GET WEAK. IT CAUSES HEART ATTACK. IT CAUSES STROKE."
	YOUR NUMBERS SHOULD BE NO HIGHER THAN 120 OVER 80. NEXT

	<p>IS CHOLESTEROL. KEEP TOTAL CHOLESTEROL BELOW 200. THEN THERE'S YOUR BLOOD SUGAR OR GLUCOSE LEVEL. IT SHOULD BE 100 OR LOWER. AND FINALLY WAIST CIRCUMFERENCE. FOR WOMEN, YOUR WAIST SHOULD BE NO LARGER THAN 35-INCHES. FOR MEN, 40-INCHES.</p>
<p><b>Dr. Fletcher</b></p>	<p>"MANY PEOPLE CAN CONTROL THEIR BLOOD PRESSURE, THEIR BLOOD CHOLESTEROL, THEIR WAIST CIRCUMFERENCE, AS WELL AS THEIR GLUCOSE IF THEY EXERCISE PROPERLY, CONTROL THEIR WEIGHT AND LIVE A HEALTHY LIFESTYLE."</p>
	<p>CHOICES THAT CAN HELP YOU WIN THE HEART NUMBERS GAME.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I'M VIVIEN WILLIAMS.</p>
