

Medical Edge from Mayo Clinic

Obesity

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
	ONE IN THREE AMERICANS ARE NOW CONSIDERED MEDICALLY OBESSE. WE'RE BECOMING A COUNTRY WITH A SUPER-SIZED POPULATION.
James Swain, M.D. Track 3 (17:50)	"I THINK THE BIGGEST ISSUE WITH OBESITY IS THE SHEER AMOUNT OF FOOD THAT WE EAT. WE'VE LOST TOUCH WITH WHAT IS ACTUALLY CALLED A SERVING."
	MAYO CLINIC DR. JAMES SWAIN SAYS IT'S A LOT MORE COMPLEX THAN JUST CALORIES IN VERSUS CALORIES OUT. BUT IT ALL ADDS

	UP TO LOTS OF PROBLEMS. NOT JUST COSMETICALLY AND PSYCHOLOGICALLY...
Dr. Swain Track 3 (13:45)	“BUT MORE IMPORTANTLY THE COMORBID CONDITIONS THAT GO ALONG WITH IT, INCLUDING HIGH BLOOD PRESSURE, SLEEP APNEA, DIABETES, CORNARY ARTERY DISEASE. THERE IS A HIGHER INCIDENCE OF MORTALITY IN PATIENTS THAT ARE OBESE AND CANCER.”
	WHAT’S ENCOURAGING SAYS DR. SWAIN, IS THE ATTENTION THE PROBLEM IS NOW GETTING, ESPECIALLY WHEN IT COMES TO CHILDHOOD OBESITY.
Dr. Swain Track 3 (15:45)	“I THINK THAT’S WHERE WE HAVE TO START. THE BEST WAY TO FIGHT OBESITY IS WITH PREVENTION.”
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO

	MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.