

Mayo Clinic Medical Edge

Statin Misconception

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WE SPEND BILLIONS OF DOLLARS ON THEM EVERY YEAR, AND STATINS DO A PRETTY GOOD JOB OF LOWERING CHOLESTEROL, BUT THEY'RE NOT A MAGIC BULLET.
<b>Brent Bauer, M.D.</b>	"THINK A LOT OF PEOPLE WALK AWAY THINKING I CAN EAT WHAT I WANT. EXERCISE ISN'T THAT IMPORTANT AND SO FORTH. AND UNFORTUNATELY, THAT'S A REAL BAD MISCONCEPTION."
	A STATIN PERSCRIPTION, SAYS MAYO CLINIC DR. BRENT BAUER, IS NOT A LICENSE TO EAT, DRINK AND BE MERRY.

<p><b>Dr. Bauer</b></p>	<p>“THE FIRST ORDER OF BUSINESS SHOULD BE WHAT AM I DOING RIGHT AND WHAT AM I DOING WRONG IN MY DIET? WHERE ARE MY FRUITS? WHERE ARE MY VEGETABLES? AND THEN WHERE IS EVERYTHING ELSE? MANY AMERICANS DON’T DO THAT STEP. THEY JUST GO RIGHT TO, “GIVE ME A PILL, DOC.”</p>
	<p>EXERCISE IS THE SECOND PART OF THE HEALTHY EQUATION. IN FACT, WITH A COMMITTED CHANGE TO A HEALTHY DIET AND REGULAR EXERCISE, DR. BAUER BELIEVES WE COULD DRAMATICALLY REDUCE THE NUMBER OF PERSCRIPTIONS FOR CHOLESTEROL LOWERING DRUGS.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I’M VIVIEN WILLIAMS.</p>

