

**Mayo Clinic Medical Edge**  
**Healthy Choices & Statins**

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.
	STATINS, THE CHOLESTEROL-LOWERING DRUGS, ARE AMONG THE MOST PRESCRIBED MEDICATIONS. BUT A RECENT STUDY REVEALS THAT MANY PATIENTS SAY THEY WOULD HAVE LIKED TO HAVE TRIED LIFESTYLE CHANGES BEFORE GOING ON THE DRUGS.
<b>Victor Montori, M.D.</b> <b>Track 6</b>	"CLINICIANS DON'T TRUST PATIENTS TO MAKE, IN GENERAL, EFFECTIVE LIFESTYLE CHANGES AND AS A RESULT PRESCRIBE THE TABLETS."
	MAYO CLINIC DR. VICTOR

	<p>MONTORI WAS ONE OF THE STUDY INVESTIGATORS. HE SAYS THE STUDY REVEALS A COMMUNICATION BREAKDOWN BETWEEN DOCTOR AND PATIENT. HIS ADVICE TO PHYSICIANS?</p>
<p><b>Dr. Montori</b> <b>Track 2</b></p>	<p>“LISTEN TO YOUR PATIENTS. MANY OF THEM ARE NOT INTERESTED IN THE TABLETS. IF THERE’S AN OPPORTUNITY FOR THOSE WHO ARE HIGHLY MOTIVATED TO IMPLEMENT CHANGES, AS SMALL AS THEY APPEAR, DO NOT WASTE THAT OPPORTUNITY.”</p>
	<p>OF COURSE, COMMUNICATION IS A TWO WAY STREET. SO IT’S IMPORTANT FOR PATIENTS TO LET PHYSICANS KNOW ABOUT THEIR VALUES AND PREFERENCES.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I’M VIVIEN</p>

	WILLIAMS.