

Mayo Clinic Medical Edge

Low Blood Cholesterol

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WHEN IT COMES TO CHOLESTEROL, WE KNOW THAT IF YOUR LEVELS ARE HIGH, THE RISK OF DEVELOPING CLOGGED ARTERIES GOES WAY UP. A SIMPLE ANALOGY WOULD BE YOUR DRAIN PIPES AT HOME.
Brent Bauer, M.D.	"IF YOU PUT ENOUGH JUNK IN THE THROUGH THE PIPE, EVENTUALLY THAT'S GOING TO CLOG UP THE PIPE. AND THE TROUBLE IS THAT PIPE IS PRETTY IMPORTANT."
	THOSE CLOGGED PIPES, SAYS MAYO CLINIC DR. BRENT BAUER, CAN RESULT IN STROKE OR HEART ATTACK. BUT WHAT IF YOU HAVE

	<p>LOW, REALLY LOW CHOLESTEROL NUMBERS? CAN THAT BE A PROBLEM TOO?</p>
<p>Dr. Bauer</p>	<p>“I THINK IF YOU AND YOUR DOCTOR FOUND YOUR CHOLESTEROL TO BE ABNORMALLY LOW, IT WOULD AT LEAST RAISE QUESTIONS ABOUT WHY IS THAT? IT MAY BE GENETIC, AND THE WAY YOU’RE BUILT AND THAT MAY BE A BLESSING IN THE LONG RUN.”</p>
	<p>AND WHILE THERE IS SOME SUGGESTION THAT LOW ABNORMALLY LOW CHOLESTEROL LEVELS COULD BE A HEALTH RISK, DR. BAUER SAYS THOSE INSTANCES WOULD BE PRETTY RARE.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>