

**Mayo Clinic Medical Edge**  
**Leptin and Cardiovascular Disease**

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.
	LEPTIN IS A HORMONE THAT REGULATES APPETITE. BUT RESEARCHERS HAVE FOUND THAT HIGH LEVELS OF THIS HORMONE IN YOUR BLOOD COULD SERVE AS A RED FLAG ABOUT YOUR HEALTH.
<b>Virend Somers, M.D.</b>	"WE CANNOT SAY LEPTIN CAUSES HEART DISEASE, CAUSES HEART ATTACKS OR STROKES. ALL WE CAN SAY IS THAT IF YOUR LEPTIN LEVELS ARE HIGH, YOU'RE MORE LIKELY TO HAVE A HEART ATTACK, OR HAVE HAD A STROKE OR EQUIVILANT HEART DISEASE."
	DR. VIREND SOMERS IS A MAYO

	CLINIC CARDIOLOGIST AND PART OF THE RESEARCH TEAM. WHILE THE FINDINGS ARE SIGNIFICANT, DR. SOMERS SAYS MORE RESEARCH IS NEEDED
<b>Dr. Somers</b>	“WHAT WE NEED TO DO IS PROVE WITH MORE CERTAINTY THAT LEPTIN IS A POTENTIAL CAUSE OF HEART AND BLOOD VESSEL DISEASE. ”
	AND IF THAT PROVES TO BE THE CASE, THEN IT MIGHT BE POSSIBLE TO DEVELOP THERAPIES THAT INHIBIT OR BLOCK THE LEPTIN TO DECREASE THE RISK TO THE CARDIOVASCULAR SYSTEM.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.

