

**Mayo Clinic Medical Edge**  
**Preventing Cholesterol Problems**

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.
	I KNOW HIGH CHOLESTEROL LEVELS ARE BAD, BUT I'M TOO YOUNG TO WORRY ABOUT THAT, RIGHT?. WELL NOT ANYMORE SAYS MAYO CLINIC DR. BRENT BAUER.
<b>Brent Bauer, M.D.</b>	"TYPE-2 DIABETES, IT USED TO BE AN OLDER PERSON'S DISEASE. YOU HAD TO BE 60 OR 70 AND REALLY FAT AND OVERWEIGHT. NOW, WE'RE SEEING IT IN 10 YEAR OLDS, 8 YEAR OLDS."
	THAT SAME AGE RANGE THAT SOME KIDS ARE STARTING TO SHOW CHOLESTEROL PROBLEMS.

	<p>WHAT'S DRIVING IT? WELL MUCH OF THE BLAME CAN BE ATTRIBUTED TO LIFESTYLE. TOO MUCH JUNK FOOD AND NOT ENOUGH EXERCISE.</p>
<p><b>Dr. Bauer</b></p>	<p>“THE ANSWER ISN'T CHECK JOHNNY WHEN HE'S TEN, FIND OUT HIS CHOLESTEROLS TOO HIGH AND PUT JOHNNY ON A STATIN FOR THE REST OF HIS LIFE. THAT MAY BE PART OF THE ANSWER FOR SOME, BUT PROBABLY A BETTER THING IS 'WAIT, WHAT'S WRONG WITH JOHNNY'S ENVIRONMENT THAT JOHNNY'S NOT GETTING ENOUGH EXERCISE, AND HE'S EATING FRIED CHIPS AND MILKSHAKES.”</p>
	<p>DR. BAUER SAYS SMALL BUT CONSISTENT CHANGES IN DIET AND EXERCISE COULD, FOR MOST AMERICANS, SUBSTANTIALLY LOWER THEIR CHOLESTEROL.</p>

	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.