

Mayo Clinic Medical Edge
Preventable Heart Disease

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	IT'S THE NUMBER ONE KILLER IN THE UNITED STATES. AND WHEN IT COMES TO WHOSE AT RISK, THERE ARE NO CLEAR FAVORITES. HEART DISEASE IS NON-DISCRIMINATORY. BUT THAT DOESN'T MEAN IT'S INEVITABLE.
Randal Thomas, M.D. Track 1 (1:15)	"WHEN WE TALK ABOUT PREVENTING HEART DISEASE WE'RE USUALLY TALKING ABOUT HEART ATTACK AND PREVENTING PROBLEMS ASSOCIATED WITH BLOCKAGES OF THE ARTERIES OF THE HEART."
	DR. RANDAL THOMAS IS DIRECTOR OF THE CARDIOVASCULAR HEALTH

	CLINIC AT MAYO CLINIC.
Dr. Thomas Track 1 (5:00)	“THE THING THAT’S KEEPING MOST PEOPLE FROM GAINING THE MOST FROM PREVENTION IS THAT IT’S DEPENDENT ON LIFESTYLE HABITS AND THOSE HABITS ARE VERY OFTEN HARD TO CHANGE.”
	IN FACT, BY LEADING A HEALTHY LIFESTYLE — EATING RIGHT, KEEPING YOUR WEIGHT DOWN, EXERCISING AND NOT SMOKING — DR. THOMAS BELIEVES 60, 70, EVEN 80 PERCENT OF HEART ATTACKS AND CORONARY ARTERY DISEASE CAN BE PREVENTED.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.