

**Mayo Clinic Medical Edge**  
***Diastolic Dysfunction and Exercise***

1:00

**Log**

**Audio**

<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WHEN YOU EXERCISE YOUR HEART IS BEATING FAST, PUMPING BLOOD OUT TO THE REST OF THE BODY. BUT YOUR DIASTOLIC FUNCTION—IN OTHER WORDS, HOW THE HEART WORKS BETWEEN BEATS—PLAYS A BIG ROLE IN WHAT YOU'RE ABLE TO ACCOMPLISH.
<b>Patricia Pellikka, M.D.</b>	"EVEN MILD ABNORMALITIES OF THE RELAXATION PHASE OF THE HEART ARE ASSOCIATED WITH EXERCISE INTOLERANCE."
	AND THE OLDER YOU ARE THE GREATER THE IMPACT SAYS DR. PATRICIA PELLIKKA, A MAYO

	CLINIC CARDIOLOGIST WHO LED A STUDY ON THE ISSUE. BUT YOU CAN LOWER YOUR RISKS.
<b>Dr. Pellikka</b>	“WE KNOW THAT HYPERTENSION THAT’S NOT TREATED... CORONARY ARTERY DISEASE, IF UNCONTROLLED CAN LEAD TO DIASTOLIC DYSFUNCTION SO IT’S IMPORTANT TO GET THOSE TREATED OPTIMALLY.”
	YOU CAN ALSO EAT RIGHT, STAY ACTIVE, KEEP YOUR WEIGHT DOWN AND DON’T SMOKE.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I’M VIVIEN WILLIAMS.