

Medical Edge from Mayo Clinic
Medications for Heart Disease Prevention

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	EATING RIGHT, EXERCISING REGULARLY AND NOT SMOKING ARE CHOICES THAT PROMOTE HEART HEALTH. BUT SOMETIMES THOSE JUST AREN'T ENOUGH. MAYO CLINIC DR. RANDAL THOMAS SAYS WHEN YOU THINK OF MEDICATIONS TO HELP PREVENT HEART DISEASE, JUST THINK OF THE A-B-C'S
Randal Thomas, M.D. Track 3 (:45)	"UNDER "A" WE HAVE ASPIRIN WHICH IS VERY HELPFUL IN PREVENTING HEART DISEASE. WE RECOMMEND ASPIRIN TO ALL MEN

	ABOVE AGE 50; WOMEN ABOVE AGE 60.”
	“B” IS FOR BETA BLOCKERS. THESE ARE MEDICATIONS THAT LOWER HEART RATE, LOWER BLOOD PRESSURE, AND THE RISK OF HEART ATTACK. THEY’RE PARTICULARLY BENEFICIAL FOR PEOPLE WITH HIGH BLOOD PRESSURE OR WHO HAVE ALREADY HAD A HEART ATTACK.
Dr. Thomas Track 3 (2:10)	“UNDER C WE THINK OF CHOLESTEROL LOWERING MEDICATIONS. STATINS ARE PROBABLY THE MOST WELL KNOWN.”
	AND WHILE THEY’RE NOT MEDICATIONS, DR. THOMAS SAYS B-VITAMINS, AND THE OMEGA-3 FISH OILS HAVE SHOWN A BENEFIT TO HEART HEALTH.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT

	MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.
--	---