

Medical Edge Radio from Mayo Clinic

Depression and Heart Disease

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
	A HEART ATTACK OR STROKE CAN BE A LIFE-CHANGING EVENT-NOT ONLY PHYSICALLY BUT MENTALLY AS WELL. AND DOCTORS ARE TAKING A CLOSER LOOK AT THE LINKS BETWEEN HEART DISEASE AND DEPRESSION
Dr. Sharonne Hayes	"INDIVIDUALS WHO ARE DEPRESSED AFTER A HEART ATTACK HAVE A MUCH GREATER RISK OF HAVING ANOTHER HEART ATTACK. IT'S ACTUALLY A RISK FACTOR FOR HEART DISEASE. ONE THAT'S RELATIVELY

	UNDERAPPRECIATED.“
	MAYO CLINIC CARDIOLOGIST SHARONNE HAYES SAYS THE DEPRESSION-HEART ATTACK CYCLE SHOULD BE ADDRESSED IN A PATIENT’S TREATMENT. SOMEBODY WHO HAS HEART DISEASE AND IS DEPRESSED MAY NOT HAVE THE MOTIVATION TO DO THE EXERCISE THEY NEED TO DO. THEY MAY NOT HAVE THE ENERGY TO COOK A HEALTHY MEAL. BUT BY TREATING THE DEPRESSION...
Dr. Hayes	“WE CAN MAKE PEOPLE NOT ONLY FEEL BETTER IN THEIR HEADS, BUT ALSO PROTECT THEIR HEARTS.”
	...ENDING WHAT CAN BE A VICIOUS CYCLE.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.
