

Mayo Clinic Minute

Health Headlines Perspective

Video	Audio
	RED WINE BURNS FAT.
	SUGAR: PUBLIC ENEMY NUMBER ONE.
	COFFEE COULD LITERALLY BE A LIFESAVER.
	EATING BACON CAN KILL YOU.
	bacon sizzling
	HEALTH HEADLINES THAT SIZZLE ARE THE ONES THAT GO VIRAL. BUT, READER BEWARE.
	The media wants to sell us the news.
	DR. DONALD HENSRUD IS THE DIRECTOR OF THE MAYO CLINIC HEALTH LIVING PROGRAM.
Title: DONALD HENSRUD, M.D. HEALTHY LIVING PROGRAM DIRECTOR Mayo Clinic	The devil is in the details, and people need to understand the details to fully understand the perspective of the latest study.
Title: JEFF OLSEN MAYO CLINIC MINUTE Mayo Clinic News Network	DR. HENSRUD SAYS IT'S IMPORTANT TO LOOK BEYOND THE BIG HEADLINE, BECAUSE WHEN WE LEARN SOMETHING NEW, IT USUALLY ISN'T REVOLUTIONARY.
	Things change gradually. We know the principles of a healthy diet, and one study isn't going to change thousands of studies that show that.
	IN A WORLD WHERE ANYONE CAN POST ALMOST ANYTHING, DR. HENSRUD SAYS CREDIBLE SOURCES FOR HEALTH NEWS ARE MORE IMPORTANT THAN EVER.
	And look for a variety of opinions, not just one that sensationalizes the latest study.

	AND REMEMBER, THE REAL STORY LIES BEYOND THE SIZZLE.
GRAPHIC	FOR THE MAYO CLINIC NEWS NETWORK, I'M JEFF OLSEN.