

## Mayo Clinic Minute

### Mayo Clinic National Health Check-Up: Part 2

VIDEO	AUDIO
	Americans believe cancer is today's most significant health care challenge, according to results in the new Mayo Clinic National Health Check-Up.
	Cancer is followed by obesity, neurological diseases, diabetes and heart disease.
	For 150 years, we've known that the best way to work with our patients is to understand our patients.
	Dr. John Wald is Mayo Clinic's medical director for Public Affairs. He says, when it comes to cancer treatment, there's reason to be optimistic.
Title: JOHN WALD, M.D. MEDICAL DIRECTOR FOR PUBLIC AFFAIRS Mayo Clinic	We have ongoing research and therapies, as well as prevention that will allow us to treat cancer and, hopefully, prevent it moving forward.
	Additional survey results show more than half of respondents are also concerned about brain health – with baby boomers being the most worried.
	86 percent of respondents report getting headaches triggered by increased stress, not eating regularly and being tired.
	And, on the subject of sleep, nearly half of all respondents say they get a good night's rest – 7 to 8 hours – about half the time or less.
	This survey allows us to better understand our patients, to deliver health solutions together, to improve their overall health.
Graphic: <a href="http://newsnetwork.mayoclinic.org">newsnetwork.mayoclinic.org</a>	For the Mayo Clinic News Network, I'm Jeff Olsen.