

Mayo Clinic Minute

Heart matters for Millennials

VIDEO	AUDIO
(1:39 – 1:45) REGIS FERNANDES, M.D. CARDIOLOGY Mayo Clinic	“Lack of exercise, drinking too much alcohol, smoking, and things like that.”
	The risks of heart disease are the same for everyone, but Mayo Clinic Cardiologist Dr. Regis Fernandes says these habits seem to be more prevalent in younger people now than in the past.
(4:22 - 4:31) REGIS FERNANDES, M.D. CARDIOLOGY Mayo Clinic	“They’re very savvy, they’re very good with computers, but they’re lacking on the exercise. Obesity is increasing.”
Graphic: Millennials: born 1982 - 1994	Most closely-associated with the computer generation are Millennials.
	Dr. Fernandes says one of the biggest reasons is stress.
(4:35 – 4:45) REGIS FERNANDES, M.D. CARDIOLOGY Mayo Clinic	“That’s a problem that they’re going to carry through their lifetime. And we’re seeing this nowadays. This will eventually translate into heart disease at a younger age. And we see that in our emergency rooms now everyday.”
	Dr. Fernandes says Millennials have to stop thinking about heart disease as something older people like their parents suffer from, and start addressing their own heart disease risks.
(4:02 – 4:17) REGIS FERNANDES, M.D. CARDIOLOGY Mayo Clinic	“Eating more fruits and vegetables, avoiding high-calorie foods that are high in sugar and flour, etc. Those behaviors actually help to reduce your blood pressure, reduce your sodium intake and your sugar intake, and they actually help to reduce your stress level.”
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I’m Ian Roth.

