

## Mayo Clinic Minute

### Stay heart healthy during cancer treatment

<b>Video</b>	<b>Audio</b>
<b>Reporter</b>	Cancer treatment, while lifesaving, can affect your heart health.
<b>Jordan Ray, M.D. Cardiovascular Disease Mayo Clinic</b>	"Patients are surviving — and for long periods of time, And because of that phenomenon, we're now recognizing that, yes, you've survived your malignancy, but now you have cardiovascular disease as a consequence — either because of lifestyle and other choices or because of the chemotherapies and radiation therapies you received during a malignancy."
<b>Reporter</b>	Dr. Jordan Ray says cancer patients should understand their risk factors for heart disease, ...
<b>Jordan Ray, M.D.</b>	"... which are essentially the same risk factors if you weren't diagnosed with cancer."
<b>Reporter</b>	If you smoke, stop. Know your cholesterol and blood pressure numbers. Eat a heart-healthy diet and get some exercise.
<b>Jordan Ray, M.D.</b>	"There's a lot of evidence now that is suggesting that routine exercise in both malignancy and cardiovascular disease are beneficial."
<b>Reporter</b>	Sometimes treatment can affect your heart, which may be out of your control. But paying attention to risk factors and talking to your health care provider during treatment are the best ways to increase your heart health.
	For the Mayo Clinic News Network, I'm Vivien Williams.

