

## Mayo Clinic Minute

### Statins + lifestyle = healthy life

Video	Audio
	Taking a statin helps keep your cholesterol levels in check. But ...
<b>Stephen Kopecky, M.D.</b> <b>Cardiovascular Disease</b> <b>Mayo Clinic</b>	"If you take a statin and lower your numbers, but you don't have a healthy lifestyle, like a healthy diet and food pattern, then you don't get the benefit of the statin."
	How can that be? Dr. Stephen Kopecky explains that some people ask to be put on a statin so they ...
	"... can, you know, eat what I want. I say, 'It doesn't work that way.'"
	You see, when you take a statin ...
	"... your numbers look better, your LDL looks better, but your cardiac events don't reduce."
	That's because statins, while important and effective, are just one part of the whole heart-healthy picture. When you combine a statin with regular exercise, maintaining a healthy weight, controlling stress, not smoking and eating foods based on the Mediterranean diet, you can improve your heart health.
	"A pill doesn't take the place of a healthy lifestyle. It has to be in addition to it."
	Dr. Kopecky says if you work at lifestyle changes slowly over time, you'll be on your way to better heart health.
	For the Mayo Clinic News Network, I'm Vivien Williams.