

## Mayo Clinic Minute

### Fat is not inert

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	You might know that being overweight increases your risk of heart disease and other conditions. What you might not know is ...
<b>Stephen Kopecky, M.D. Cardiovascular Disease Mayo Clinic</b>	"... fat is not an inert substance. It is a very active substance that puts out a lot of chemicals that damage our arteries."
<b>Vivien Williams</b>	Dr. Stephen Kopecky says the chemicals also ...
<b>Stephen Kopecky, M.D.</b>	"... damage our body tissues. They actually make our bodies less sensitive to insulin so we're more prone to being a diabetic."
<b>Vivien Williams</b>	And extra fat makes your circulatory system work overtime.
<b>Stephen Kopecky, M.D.</b>	"Every pound of weight we put on is five miles of blood vessels. If your heart beats 100,000 times a day."
<b>Vivien Williams</b>	"That's 500,000 miles a day for one pound of fat."
<b>Stephen Kopecky, M.D.</b>	"So you do the math. If you're 10 pounds overweight, it's a lot and your heart gets tired."
<b>Vivien Williams</b>	You can ease the burden on your heart by losing weight and moving more. Even dropping a few pounds helps. Dr. Kopecky recommends following the Mediterranean diet, which includes fruits and vegetables, whole grains, fish such as salmon or mackerel, and olive oil.
	For the Mayo Clinic News Network, I'm Vivien Williams.