

**Mayo Clinic Minute: Heart health and dangers of shoveling snow**

VIDEO	AUDIO
	Shoveling snow can be a good workout, but it's not for everyone.
<b>Sharonne N. Hayes, M.D. Cardiovascular Medicine Mayo Clinic</b>	"Shoveling snow is one of those uniquely dangerous cardiovascular stress tests for a variety of reasons."
	Dr. Sharonne Hayes, a Mayo Clinic cardiologist tells her patients ...
	"... I really don't want you to do that anymore. You can mow your lawn; you can go on hikes and walks. I want you to exercise."
	The reasons, she says, are physiological and psychological.
	Physiological includes your blood vessels constricting from being out in the cold, which increases blood pressure.
	"And that's enough in a vulnerable individual sometimes to give them chest pain; say they have some blockages, and it might give them angina or chest pain."
	Add that to the workload of digging heavy snow. And then ...
	"The psychologic part. And everyone, all my patients smile when I say because it's a knowing smile, 'Oh, yeah.'"
	Sometimes it's hard to stop once you start ...
	"It's that combination of cold extreme exertion, and then, maybe sticking it out longer than is wise, because we got to finish and get to the end of the walk."
	Check with your doctor about the advisability of shoveling heavy snow.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.