

## Mayo Clinic Minute: Cardiologist's tips for a healthy life

Today's age of easy access to information, constant updates on medical advancements and health recommendations make it easy to get overwhelmed. But regarding heart health, [Dr. Francisco Lopez-Jimenez](#), a Mayo Clinic cardiologist, has some important and simple tips he'd like to share with everyone.

Video	Audio
	"An ounce of prevention is worth a pound of cure" is an adage that Mayo Clinic cardiologist Dr. Francisco Lopez-Jimenez says remains true today.
	"No matter how difficult prevention might look, it is way better than treating heart disease once they have it."
	And prevention, he says, can start small by focusing on the simple things, like diet and exercise.
Francisco Lopez-Jimenez, M.D. Cardiovascular Medicine Mayo Clinic	"Trying to eat healthier a little bit at a time, to move around through the day, avoiding sitting for too long."
	A positive outlook also can go far in your physical well-being. Enjoy a walk with a friend, for instance.
	"Trying to find purpose every day, and trying to give love every day, because those are some of the emotional things that we don't take care of also affect the heart."
	And finally, he says if you are prescribed medication for high blood pressure or high cholesterol, avoid the risk of a heart attack and follow your doctor's orders.
	"Take those medications, check your numbers, be sure that all those factors are well under control."
	For the Mayo Clinic News Network, I'm Joel Streed.