

Mayo Clinic Minute: The link between heart disease and stroke

Video	Audio
Stephen English, M.D. Neurology Mayo Clinic	Coronary artery disease, caused by a blockage of the blood vessels that supply the heart, and stroke, caused by damage to the blood vessels in the brain, carry many of the same risk factors. Understanding and managing these risks can help prevent both conditions.
	9:55 "We really target the things like high blood pressure, hypertension, high cholesterol or hyperlipidemia, type 2 diabetes mellitus, smoking, obstructive sleep apnea. We think about things like physical inactivity and obesity."
	Dr. English says atrial fibrillation, a type of heart disease causing an abnormal heart rhythm, contributes to nearly 20% of stroke cases.
	9:20 "Atrial fibrillation is something we can modify with medications based on the burden of your atrial fibrillation. "
	Not all risks can be modified — for example, getting older.
	10:45 "Even perfectly healthy people, as we age, develop changes, so our blood vessels become more stiff over time. And we're more at risk of developing things like atrial fibrillation as we age."
	For the Mayo Clinic News Network, I'm Alex Osiadacz.