

HEART HEALTH — EARLY DETECTION
Leticia Castillo Kontak, MD, Cardiologist, Baylor Scott & White Health

{**ON CAM**}

FEBRUARY IS HEART HEALTH MONTH — A TIME WHEN ALL AMERICANS ARE ENCOURAGED TO CONSIDER WHAT THEY CAN DO TO REDUCE THEIR RISK OF THE NATION'S #1 KILLER: HEART DISEASE.

{**TAKE VO**}

TRT:

WHEN DISCUSSING HEART HEALTH WITH HER PATIENTS, CARDIOLOGIST LETICIA CASTILLO KONTAK SAYS SHE ENCOURAGES PATIENTS TO KNOW THEIR RISK FACTORS SO THEY KNOW WHETHER THEY NEED SCREENING. THAT'S BECAUSE DISCOVERING HEART DISEASE EARLY CAN MAKE A BIG DIFFERENCE.

{**TAKE SOT**}

Leticia Castillo Kontak, MD
Baylor Scott & White Health

TRT: 17

The most important thing is early detection, in particular for heart disease, because it's highly preventable or you can slow the process down if you detect it early. We've got great medications such as statins and blood pressure and lifestyle changes we can recommend to reduce the risk of plaque progression.

{**ON CAM**}

SHE SAYS A TRIP TO YOUR PRIMARY CARE DOCTOR CAN REVEAL IMPORTANT INFORMATION ... LIKE BLOOD PRESSURE AND CHOLESTEROL LEVELS ... BOTH RISK FACTORS FOR HEART DISEASE.