

**WORLD HEART DISEASE DAY
DR. LOUIS CRISTOL, CARDIOLOGIST ON THE MEDICAL STAFF AT BAYLOR
SCOTT & WHITE ALL SAINTS MEDICAL CENTER – FORT WORTH**

{**ON CAM**}

SEPTEMBER 29 IS WORLD HEART DAY.

IT'S A DAY CREATED TO REMIND PEOPLE THAT HEART DISEASE AND STROKE ARE THE WORLD'S LEADING CAUSE OF DEATH.

ACCORDING TO THE CDC, ABOUT 697-THOUSAND PEOPLE IN THE U-S DIED FROM HEART DISEASE IN 2020 – THAT'S 1 IN EVERY 5 DEATHS. THE GOOD NEWS IS THAT IT IS PREVENTABLE.

{**TAKE VO**}

TRT: 30

THE AMERICAN HEART ASSOCIATION RECOMMENDS THAT PEOPLE FOCUS ON ADDRESSING THE TOP 7 RISK FACTORS:

EATING HEALTHY, GETTING ACTIVE, STOPPING SMOKING, REDUCING BLOOD SUGAR, CONTROLLING YOUR CHOLESTEROL, MANAGING YOUR BLOOD PRESSURE, AND MAINTAINING A HEALTHY WEIGHT – ALL OF WHICH ARE STEPS TO PREVENT HEART DISEASE.

BUT, DOCTORS HAVE SEEN SOME PATIENTS STRUGGLE WITH THIS DURING THE PANDEMIC. DOCTOR LOUIS CRISTOL CARDIOLOGIST ON THE MEDICAL STAFF AT BAYLOR SCOTT AND WHITE ALL SAINTS IN FORT WORTH SAYS THERE ARE STEPS YOU CAN TAKE.

{**TAKE SOT**}

DR. LOUIS CRISTOL
BAYLOR SCOTT & WHITE

TRT: 18

It also helps to get things checked out. That is getting ones blood sugar checked, getting the cholesterol measured, getting it broken down into the good and the bad. There are more complex things that are actually helpful that are now available, the calcium score, a new concept testing, one where you can identify the presence of coronary disease.

{**ON CAM**}

IF YOU HAVE SYMPTOMS OF A HEART ATTACK – LIKE A TIGHTNESS IN YOUR CHEST, PAIN IN YOUR UPPER BODY, OR SHORTNESS OF BREATH, CALL 9-1-1. IF YOU HAVE QUESTIONS ABOUT YOUR HEART HEALTH, TALK TO YOUR DOCTOR.