

Medical transcriptions by Sergio Mouser

TRANSCRIPTIONS OF “MAYO CLINIC” MINUTE

Mayo Clinic Minute- A quick guide to the Heimlich maneuver

April 25th – 09:15 a.m.

Speaker 1

It can happen in an instant, one minute there's friendly conversation around the table, the next minute someone's choking.

Speaker 2

Are you okay?

Speaker 1

According to the National Safety Council, roughly 5,000 people die from choking each year. Josh Moeckly, a male clinic cardiac nurse says, 'when you see someone choking, it's important to remain calm as you let them know you're about to help.'

Speaker 2

So, you want to place the thumb side of your fists against the person's abdomen. And then you want to apply the other hand on top of that and then sharply apply pressure to relieve the air.

Speaker 1

It's called the Heimlich maneuver.

Speaker 2

1, 2, 3.

Speaker 1

Moeckly says, 'to repeat the process until you see the object or choking on come out of the person's mouth.'

Speaker 2

1, 2, 3, are you okay?

Speaker 3

Yeah, thank you so much.

Speaker 2

Yeah, you're welcome, glad you feel better.

Speaker 3

Yeah, thanks.

Speaker 1

If the person loses consciousness before the object comes out, make sure someone calls 911 for help while you continue to work to clear the person's airway. One, two, for the Mayo Clinic News Network, I'm Ian Roth.

Mayo Clinic Minute- Fighting arthritis with food

Speaker 1

Can avoiding foods like potato chips and pizza help ease your Arthritis pain, maybe?

Speaker 2

Some foods can increase inflammation levels and contribute to symptoms of Arthritis, especially really fatty foods, simple sugars or carbohydrates, lots of salt or salty foods.

Speaker 1

Symptoms may include swollen and achy joints, discomfort and pain.

Speaker 2

Arthritis relates to a diverse set of disorders where there is inflammation that occurs in joints.

Speaker 1

Dr. John Davis says, 'while medication may help joint pain, exercise, maintaining a healthy weight and paying attention to the food you eat, play important roles.

Speaker 2

Small amounts of weight loss can lead to reductions of just overall inflammation in the body which can have overall benefits.

Speaker 1

Add more fruits and vegetables, healthy fats like olive oil and nuts, whole grains and fish. These foods are thought to reduce inflammation and help with pain.

Speaker 2

Mediterranean diet or anti-inflammatory diet are concepts to consider, bring into your own diet if you're suffering from symptoms of Arthritis.

Speaker 1

For the Mayo Clinic News Network, I'm Jason Hollen.

Mayo Clinic Minute- How positivity helps your heart

Speaker 1

The power of positive thinking is one of the great, neglected benefits we can do for ourselves.

Speaker 2

Cardiologist, Dr. Steven Kopecky says, 'positivity is good for your heart health.' When someone is super stressed out, blood flow to the heart decreases.

Speaker 1

It's adrenaline, it's the fight or fright response, you know that you either see something that's going to endanger you and you fight it or you run like crazy, you get away from it.

Speaker 2

Dr. Kopecky says, 'you can reduce your risk of heart related illnesses by being more optimistic and reducing stress.'

Speaker 1

You certainly can change how your body reacts to it.

Speaker 2

How it can be pretty simple, think of three things you're grateful for before going to bed or when you get up.

Speaker 1

Your child did well in school or you saw an old high school friend or you played a great game of golf and hid in a sort of hole or something, that practicing optimism over five years in 7000 patients were shown to reduce their risk of heart attack, stroke and dying. As long as you do it sometime during the day, it's shown to be helpful.

Speaker 2

For the Mayo Clinic News Network, I'm Vivian Williams.

Mayo Clinic Minute- More people are developing celiac disease

Speaker 1

If you think you're hearing more about people with Celiac disease, you're correct.

Speaker 2

To there is good evidence that Celiac disease is truly more common. It's not just that we're better at finding it.

Speaker 1

Well, it's not exactly clear why more people around the world are developing the disease, which is an immune reaction to eating gluten. Dr. Joseph Murray explained some possible factors.

Speaker 2

Celiac itself probably hasn't changed very much in the last 100 years. What we do at the least has changed, how we make our bread has changed, the amount of pizza we're eating has gone up dramatically. The amount of fast food that we eat, of course has increased dramatically.

Speaker 1

He says, 'there also may be a dose effect of gluten in those who are at a genetic risk.'

Speaker 2

The most recent work suggests that very young children who are at genetic risk for Celiac disease, if they get more gluten in childhood, they're more likely to develop Celiac disease.

Speaker 1

If untreated, Celiac disease can cause Anemia, Infertility, Bone weakening and even severe complications such as Cancer. For the Mayo Clinic News Network, I'm Didi Steepen.

Mayo Clinic Minute- New technology for cochlear implants

Speaker 1

If hearing aids don't work for you, Cochlear implants might, new technologies helping to make Cochlear implants even better.

Speaker 2

One of the more exciting things that's been developed in the last number of years is surrounding the concept of preserving the hearing that people currently have.

Speaker 1

Dr. Colin Driscoll says, 'some people who choose Cochlear implants do have some level of hearing, it's just not good.' Before the new technology was available, any residual hearing that did exist was lost during surgery to implant the device.

Speaker 2

The idea now is can we preserve that functional, mildly useful hearing and then augment it with the Cochlear implant?

Speaker 1

The new technology allows Dr. Driscoll and his team to monitor hearing levels during surgery to make sure implantation does not disrupt existing hearing, it allows patients to?

Speaker 2

Get the best of both worlds, hang on to what you have and then augment what you don't have

Speaker 1

For the Mayo Clinic News Network, I'm Vivian Williams.

Mayo Clinic Minute- Signs of a sleep disorder

Speaker 1

Research shows proper sleep is essential for good health.

Speaker 2

It's important because we spend about a third of our lives asleep.

Speaker 1

Dr. Virend Somers is a Cardiologist who studies sleep because sleep disorders such as Obstructive Sleep Apnea are associated with issues that affect the heart.

Speaker 1

If your spouse says, 'that you stopped breathing during the night, that's a very strong signal that you may have Sleep Apnea.'

Speaker 1

Other symptoms of a sleep disorder include daytime sleepiness, irritability, obesity, erectile dysfunction, depression and certain heart related conditions.

Speaker 2

You could have a disease like high blood pressure or like, atrial fibrillation and then definitely we need to look for Sleep Apnea.

Speaker 1

Dr. Somers says, 'a sleep study can help diagnose sleep disorders and let healthcare providers know what if any treatments you might need.

Speaker 2

Because we've realized that when you don't sleep well, bad things happen. For the Mayo Clinic News Network, I'm Vivian Williams.

Mayo Clinic Minute- Signs that stress is becoming toxic

Speaker 1

Everyone experiences stressful times but can you tell when stress is becoming toxic?

Speaker 2

Some key signs are when we're not able to do our important life activities. Like, we're not able to remember our appointments or we're procrastinating important things like paying our bills or buying groceries or attending to our family members.

Speaker 1

Dr. Beth Rush, a Mayo Clinic Neuropsychologist says, 'when stress reaches a point where a person can no longer function in a meaningful way, it might be a sign of something more severe and you should see a health care provider.'

Speaker 2

Something more serious may be going on, like anxiety or depression that needs to be treated and evaluated.

Speaker 1

She says, 'stress can be unpredictable and it's important to take care of yourself.'

Speaker 2

Sleep, eat well make, sure you're exercising, manage your emotions, give yourself a timeout if you need to, from activity or stimulation or interaction.

Speaker 1

For the Mayo Clinic News Network. I'm Jason Hollen.

Mayo Clinic Minute- The dangers of hypertension in young adults

Speaker 1

Dr. Barbara Ruddy says, ‘hypertension can be a ticking time bomb in young adults.’

Speaker 2

Many times, younger adults have no idea what their blood pressure is, people will come in and have a significantly elevated blood pressure that's probably been elevated for several years. Although they may feel fine down the road, it could cause them significant health issues.

Speaker 1

Issues like heart disease, stroke, visual problems and kidney failure.

Speaker 2

They don't show up for some decades after the development of high blood pressure but they really do impact people's health in their later years.

Speaker 1

Dr. Ruddy says, ‘you should get an accurate blood pressure reading from your healthcare provider.’

Speaker 2

There are many ways to help normalize your blood pressure. You can do that through diet and lifestyle but we also have many medications that are helpful to control high blood pressure.

Speaker 1

Eating a heart healthy diet, limiting salt and alcohol intake, regular physical activity and maintaining a healthy weight are all ways to avoid hypertension. For the Mayo Clinic News Network. I'm Didi Steepen.

Mayo Clinic Minute- What is carpal tunnel syndrome

Speaker 1

This is the pathway that creates a problem.

Speaker 2

And this is basically the Carpal Tunnel Ligament, the median nerve is this yellow structure.

Speaker 1

Carpal Tunnel Syndrome is simply pressure on that nerve. A majority of the times doctors don't know why but sometimes it can be due to a mass or thickening of the tissues and the Carpal Canal.

Speaker 2

And patients will generally complain of numbness and tingling, it mainly happens at nighttime.

Speaker 1

Orthopedic surgeon, Dr. Sanj Kakar says, 'if symptoms are ignored, Carpal Tunnel can lead to difficulties doing what were routine tasks.'

Speaker 2

Women have difficulty doing their bra, men have difficulty doing the top button on their shirt.

Speaker 1

Dr. Kakar says, 'for some patients, wearing a wrist brace at night can ease symptoms. A steroid injection may help although the effects can wear off over time.' The next option is a short surgery to open the tunnel and relieve the pressure.

Speaker 2

All we're doing is literally opening up this band, the actual procedure takes 5 to 10 minutes and it's amazing the number of times you see patients who say I didn't realize that's all it took.

Speaker 1

For the Mayo Clinic News Network, I'm Jeff Olson.

Mayo Clinic Minute- What you need to know about wet macular degeneration

Speaker 1

You're getting older and notice you're not seeing as well. You try out readers but everything just seems blurry and straight lines seem wavy; it could be age related Macular Degeneration.

Speaker 2

Macular is the center of the retina, the retina is the camera of the eye that receives the light impulses and processes them. And the macular is responsible for the really fine visual acuity, the very precise vision.

Speaker 1

Dr. Sophie Bakri, Mayo Clinic Retina Specialist says, 'there are two kinds of Macular Degeneration, wet and dry.

Speaker 2

The dry kind usually comes on first

Speaker 1

Over the kind of vitamins, a Mediterranean diet and exercise often helped prevent further vision loss. They can also help prevent wet Macular Degeneration from developing.

Speaker 2

So, the what type is usually in the later stages when a blood vessel has grown under the Retina and is leaking blood or fluid. And the number one goal is to shut down that blood vessel to prevent it bleeding even more and to prevent patients losing more vision.

Speaker 1

Dr. Bakri says that, 'for Wet Macular Degeneration, you'll likely need to see a Retina Specialist for a treatment plan that includes regular eye injections. For the Mayo Clinic News Network, I'm Ian Roth.

Mayo Clinic Minute- What's a bone density test

Speaker 1

A bone density test is the best way to find out if you have Osteoporosis.

Speaker 2

It measures bone loss; it tells us about how strong the bones are even if they haven't broken yet.

Speaker 1

Dr. Bart Clarke is a Mayo Clinic Endocrinologist. He says, 'if you've never had a fracture screening guideline, call for your first bone density test at age 65 for women and 70 for men.'

Speaker 2

Bone Density Testing is an X- Ray test that takes probably 15 to 20 minutes to check both low back and hips which are the standard sites to measure. These predict future risk of back bone fracture or hip fracture, so that's what's being tested.

Speaker 1

Dr. Clarke says, if your bone density is normal, your next test won't be for another 5 or 10 years but if the test shows signs of Osteoporosis, you should have it done annually.'

Speaker 2

Having the bone density test and then maintaining good nutrition, including calcium and vitamin D and staying physically active, those are the things that you can do to protect yourself before you get to a point where medication is needed.

Speaker 1

The Mayo Clinic News Network, I'm Jason Holman.

Mayo Clinic Minute- Why windows at work improve productivity

Speaker 1

We are wired to want windows to experience nature.

Speaker 2

A lot of it centers on what's called Biophilia, Bio, Life, Philly mean love, so we have a love for nature.

Speaker 1

Dr. Brent Bauer has research from Mayo Clinic's Well-Living Lab, shows office areas with windows which provide natural light and views of the outdoors, improve workers cognitive performance and satisfaction with their office environment.

Speaker 2

How it actually works or what it actually does, is a little harder to determine with 100% clarity yet.

Speaker 1

But Dr. Bauer says, ‘people are happier and healthier when exposed to nature, it may help boost immune function and decrease stress.’ He has tips on how to work nature into your workspace, if you can move by a window, do it, if not?

Speaker 2

Bring nature into your cubicle.

Speaker 1

Woodstone, a plant or maybe a water feature?

Speaker 2

It seems to be almost as powerful if you have a picture of nature.

Speaker 1

Bringing the outside in for better productivity and health. For the Mayo Clinic News Network, I'm Vivien Williams.

Mayo Clinic Minute- Women, estrogen and heart disease

Speaker 1

After menopause, women should pay close attention to her health.

Speaker 2

Estrogen is providing an incredibly protective effect against heart disease from women, which is really why the risks only go up for women in most cases after menopause and later in life.

Speaker 1

Dr. Delisa Fairweather says, 'Estrogen helps protect against heart attack by preventing inflammation that contributes to the buildup of plaque in coronary arteries.' But after menopause when estrogen levels plummet?

Speaker 2

The way the plaque looks, changes and the increased chance that it can rupture, changes and basically, the woman looks from an immune standpoint more like a male.

Speaker 1

And men have a higher risk of heart attack than premenopausal women. So, what should postmenopausal women do to stay heart healthy?

Speaker 2

Be really vigilant of those risk factors.

Speaker 1

Watch your blood pressure and cholesterol levels, maintain a healthy weight, eat a heart healthy diet, exercise regularly and don't smoke. For the Mayo Clinic News Network, I'm Vivian Williams.