

## **Living a Long, Healthy Life (*Interview Transcripts*)**

**Dr. Jeremy Carrier, Family Medicine Physician, OSF HealthCare**

“There is heart disease, the importance of blood pressure regulation, watching cholesterol levels, and other risk factors you can work with your doctor on adjusting or modifying – whether it be tobacco usage or whatever else.” (:14)

**Dr. Jeremy Carrier, Family Medicine Physician, OSF HealthCare**

“Preventative care is an all-inclusive thing for many aspects when it comes to healthcare. Often that’s preventative screenings like lung cancer, colon cancer, breast cancer, cervical cancer. A lot of times those are of paramount importance for diagnosing and picking up some of those things early.” (:18)

**Dr. Jeremy Carrier, Family Medicine Physician, OSF HealthCare**

“I saw a comment about how not eating greens was the secret for Betty White. But all joking aside, I think the best things you can stress remains to this day and has been for quite some time is the importance of diet and exercise and lifestyle modification – that is still the bottom foundation of that pyramid. I think a good, long-lasting relationship with your physician and going over and stressing the importance and reinforcing preventative measures such as screenings, immunizations, and risk factor reduction.” (:32)

**Dr. Jeremy Carrier, Family Medicine Physician, OSF HealthCare**

“Sometimes I feel, just from experience too, that even though things might seem OK and you’re not acutely having any symptoms or necessarily suffering from anything – that’s awesome and we want that for you – but sometimes establishing with a doctor and walking through your health care together are some of the best, most productive visits. I think somewhat in part of the reasoning for that is a lot of times that gives us the opportunity to go over those preventative measures.” (:28)