

Heart Disease Rate on the Rise – interview transcripts

How we can reduce our risk now

SOT

Dr. Darrel Gumm, OSF HealthCare Cardiologist

“It's eye opening. And I think we, in the cardiology community, over the last 50-60 years have been seeing a steady decline in deaths from heart attack because of our rapid response to people who come in with a heart attack. So to now see that even though we're reducing the death rate, the total number is going to keep going up, it's a big deal.” (:29)

SOT

Dr. Darrel Gumm, OSF HealthCare Cardiologist

“These are populations that are underserved. So they're maybe not getting the early screening visits with a physician to be told, you know, ‘Your sugar is too high; your blood pressure, your cholesterol is too high. You're a little bit overweight. We've got to work on this.’ So they may not be getting those visits. And instead, they're finding out when it's a full blown disease, as opposed to very early on when there was really an opportunity to prevent it from becoming a full-blown disease.” (:29)

SOT

Dr. Darrel Gumm, OSF HealthCare Cardiologist

“Education, outreach, and changing habits of people and families really could have a potential huge impact in the future.” (:10)

SOT

Dr. Darrel Gumm, OSF HealthCare Cardiologist

“If we start prevention today, we then look at how that will have a ripple effect in the future. So number one is know your numbers. What's your blood pressure? What's your fasting glucose, your fasting blood sugar level? And what is your cholesterol count in your blood? And step on the scale and be honest - are you carrying a few pounds too many? So those are really big risk factors. And of course, if you're smoking, we got to quit smoking immediately.” (:27)