

## **Soundbite Transcript - Fanning the Flames of COVID in Young Adults**

**Dr. Leonardo Lopez, Family Practice Physician, OSF HealthCare**

“When you get an infection and you have health problems already it just amplifies the disease and the problems you develop when you get sick. What you want to focus on is living healthy, so if you’re obese you want to lose weight. (With) Diabetes you want to take care of the disease and see your doctor regularly and when you smoke you want to quit smoking.”

**Dr. Leonardo Lopez, Family Practice Physician, OSF HealthCare**

“The first thing to do is don’t even start. I would really like to emphasize that. If everyone who smoked could quit they would, but it’s very difficult. There are treatments and medications that can help increase your chances of quitting smoking and there are other behavioral therapies that have been successful.”

**Dr. Leonardo Lopez, Family Practice Physician, OSF HealthCare**

“There’s a lot about the virus we’re still learning about and there seems to be some secondary effects to the virus. It affects a variety of people with a spectrum of symptoms. Some people are asymptomatic and don’t realize they have the infection and that’s why we worry about wearing a mask even when you’re feeling well because we don’t want to spread disease.”

**Dr. Leonardo Lopez, Family Practice Physician, OSF HealthCare**

“There is a tendency when you’re younger to think that you’ll take care of it later. But it really is cumulative. These things add up with time so you want to have a good start to a healthy life.”