

Soundbite Script – Don't ignore the silent signs of chronic illness

Syed Zaidi, MD. (ZAY-DEE), family medicine provider with OSF HealthCare

"Subtle cues in terms of, let's say, cognitive decline or memory starts with, you know, a lapse here or a lapse there, but it doesn't impact your quality of life. It goes under the radar. So, under that radar is what I would call silent." (:14)

Syed Zaidi, MD. (ZAY-DEE), family medicine provider with OSF HealthCare

"You don't want to reverse 30 years in 30 days, right? So, you want to be able to be proactive as well. And I think when we talk about chronic disease, we also have to spend a lot of time talking about prevention as well." (:13)

Syed Zaidi, MD. (ZAY-DEE), family medicine provider with OSF HealthCare

"They may hurt, but the next thing you know, three months later, you're not cycling as much. Three months later, you're probably not as active or efficient at work on those cement floors as much. Next thing you know, down the road, five years later, you're sitting on a couch." (:17)

Syed Zaidi, MD. (ZAY-DEE), family medicine provider with OSF HealthCare

"You need a primary care provider, someone who's going to help you, coach you. And not just come to you for reactive care or provide reactive care but is going to help partner with you in that proactive approach to ensure that you're screened properly for things that are appropriate for age and risk factors." (:20)

Syed Zaidi, MD. (ZAY-DEE), family medicine provider with OSF HealthCare

"There's a cost to everything. "The greatest cost we have is time, and time often becomes the reason why we didn't do the things we were supposed to do. Then you realize you don't have the time to do what you should now be doing to reverse what you should have been doing." (:17)