

Soundbite Script – heart disease still leading cause of death

Nancy Dagefoerde, nurse practitioner, OSF HealthCare Cardiovascular Institute

"It gives us information to talk to our patients about and for the public to see things that they might want to work on. I think many people are concerned about other illnesses like cancer, but then we have these reports that tell us heart disease is still leading cause of death." (:16)

Nancy Dagefoerde, nurse practitioner, OSF HealthCare Cardiovascular Institute

"For example, many Hispanics are higher risk for diabetes. African American women tend to have higher risk for obesity and hypertension. So, we really need to target those risks and realize that these are some things that we can work on to prevent that risk." (:18)

Nancy Dagefoerde, nurse practitioner, OSF HealthCare Cardiovascular Institute

"I was pleased to see that the smoking rates and vaping rates were down, and not only for adults but teenagers. As for cholesterol, we have good treatment plans that are being utilized. Those are two very important things that are exciting." (:16)

Nancy Dagefoerde, nurse practitioner, OSF HealthCare Cardiovascular Institute

"Bottom line, know your numbers, know your risks. If you have a family risk, then you're going to be more diligent with working on your risk factors. And when I say know your numbers, you want to know your blood pressure, your blood sugar and your cholesterol levels. Those are some things that you and your health care provider can work on and when they make recommendations, listen to them, ask questions and work together on a good treatment plan that you're comfortable with." (:27)