Young People and Heart Health *(Interview Transcripts)*

Dr. Christopher Powers, Cardiovascular Disease Specialist, OSF HealthCare

"Some people feel very attached to these kind of psychological addiction to the sports drinks. And it's like anything else – if you overdo it, then most definitely we can see primarily the issue of blood pressure elevation. Most definitely that is tied in to energy drinks." (:21)

Dr. Christopher Powers, Cardiovascular Disease Specialist, OSF HealthCare

"The threshold for normal blood pressure has gone down over the years. Everyone should have a blood pressure less than 130. If you don't, then your risk goes up. Over the age of about 50 or 55, roughly about one-third of all Americans have elevated blood pressure that's not adequately treated, so that's a big one." (:23)

Dr. Christopher Powers, Cardiovascular Disease Specialist, OSF HealthCare

"Today everyone likes the fast food, snack food, processed food. Those things get to be very deeply engrained, especially with adolescents. As they grow up, they get used to it and it is what they want. So we have to be programmed away from that toward mainly plant-based, produce, fish – those are all the things that lessen your risk in the long term." (:24)

Dr. Christopher Powers, Cardiovascular Disease Specialist, OSF HealthCare

"That begins as early as age 20, so that should be a very standard part of anybody's evaluation. Younger adults should get used to having that as part of their regular check-ups, as well as the blood pressure.

Dr. Christopher Powers, Cardiovascular Disease Specialist, OSF HealthCare

"Certainly the people who have any family history. For instance, if they have a parent who died suddenly at a young age – and again, talking about asymptomatic individuals – we like to see those individuals. People who have blood pressure that's not easily controlled, we often times see those people. And then also cholesterol, same thing if it is not under control – those would be mainly the asymptomatic individuals." (:30)