

Keeping Heart Disease at Bay (*Interview Transcripts*)

Dr. Christopher Powers, Cardiovascular Disease Specialist, OSF HealthCare

“If an individual has a problem identified at a young age, you can have a very significant impact on the outcome – 10, 20, or 30 years later. However, when people have already established disease, certainly in this day and age, there is much that can be done.” (:21)

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)

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“In a lot of cases now, we are also ordering what we call a calcium score. And that is to find out about early stage heart disease. It is a great way to find that out and it’s an easy test. It is a type of x-ray but very minimal type of radiation and just takes a few seconds. It will allow you to really be able to find out if you have early stage heart disease or are you somebody who doesn’t need any further attention – and we are talking about the asymptomatic individuals.” (:36)

Dr. Christopher Powers, Cardiovascular Disease Specialist, OSF HealthCare

“Even if somebody does have a very significant predisposition toward heart disease based on their genetics, this can be very successfully overcome by their lifestyle adaptation.” (:17)