

## Senior heart health tips

\*\*\*SOT\*\*\*

**Karen Whitehorn, MD, internal medicine physician at OSF HealthCare**

"If you're on medication, take your medicine every day. Exercise and eat healthy. You want a diet that's low in sodium and processed food. You want fruits, vegetables, fresh whole grains and lean proteins like turkey, chicken and lean pork." (:25)

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**Karen Whitehorn, MD, internal medicine physician at OSF HealthCare**

"But if any exercises hurt, don't do them. If you walk too far and you're having pain, stop walking. You might not want to walk every single day." (:12)

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**Karen Whitehorn, MD, internal medicine physician at OSF HealthCare**

"People get nervous just seeing the doctor. They're already a little upset because they have to come to the doctor. So when you take their blood pressure, it goes up. Normally, the nurse takes the blood pressure first. Then, after the person has been resting for a while, the doctor takes it again. It usually comes down." (:18)

\*\*\*SOT\*\*\*

**Karen Whitehorn, MD, internal medicine physician at OSF HealthCare**

"If the rhythm is abnormal, it might indicate there's a problem with your heart." (:05)