

Music is therapeutic for the heart

*****SOT*****

Dr. Abraham Kocheril [COACH-err-ill], director of cardiac electrophysiology at OSF HealthCare Cardiovascular Institute in Urbana, Illinois

“Even though we say the average heart rate is 72 beats per minute, it generally doesn’t stay there. It’s bouncing up and down. And that’s normal.” (:06)

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“Luckily, we had a resident who was a music major and a harpist. She was perfectly willing to change into scrubs and wheel the harp into the lab for the procedures.” (:09)

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“There are lots of pieces of music with the right variability. It’s often the music that has stood the test of time. The Beatles, for example. Or lots of pieces of music that we don’t consider classical but have the same pattern of variability. So, in the end I don’t think the genre matters.” (:20)

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“I think a lot of these geniuses who created music were in touch with their heartbeat.” (:05)