

COMMON HEART HEALTH MYTHS (VO/GFX/SOT)
DR. JAY WIDMER, CARDIOLOGIST, BAYLOR SCOTT & WHITE HEALTH

{**INTRO**}

DID YOU KNOW PEOPLE WHO ARE HAVING A HEART ATTACK MAY NEVER EXPERIENCE CHEST PAIN?

{**TAKE VO**}

THE IDEA THAT HEART ATTACKS ALWAYS COME WITH CHEST PAIN IS JUST ONE COMMON HEART-HEALTH MYTH THAT COULD CAUSE PEOPLE TO MISS THE SIGNS OF A HEART ATTACK- AND WIND UP IN THE OR.

BAYLOR SCOTT & WHITE CARDIOLOGIST DR. JAY WIDMER SAYS OTHER COMMON UNTRUE-MYTHS INCLUDE

{**TAKE GRAPHIC** OR B-ROLL}

- PEOPLE WITH A LOW BODY-WEIGHT DON'T GET HEART ATTACKS
- TAKING STATINS MEANS YOU DON'T NEED A HEART-HEALTHY DIET
- AND HEART DISEASE PRIMARILY IMPACTS MEN

DR. WIDMER SAYS BELIEVING ANY ONE OF THOSE COMMON MYTHS CAN HAVE LIFE THREATENING CONSEQUENCES.

{**TAKE SOT**}

"We know that heart disease can affect many different people in many different stages of life. So even if you don't have some of those predisposing risk factors, still a healthy diet, healthy exercise habits, quitting smoking and being just very mindful of some of your cardiac numbers are going to be important because we've seen throughout multiple anecdotal evidence that anybody can get heart attacks and heart disease almost at any stage of their life."

{**TAG**}

THOSE CARDIAC NUMBERS HE'S REFERRING TO INCLUDE- BLOOD PRESSURE, HEART RATE AND CHOLESTEROL, INFORMATION YOU CAN EASILY GET AT YOUR NEXT ROUTINE DOCTOR'S APPOINTMENT