(Music)

STUDENT: I’D LIKE TO KNOW HOW FAST DOES THE HEART HAVE TO BEAT TO HAVE A HEART ATTACK?

DR. MELISSA AGOUDEMOS: SO A HEART ATTACK IS NOT ACTUALLY CAUSED BY YOUR HEAT BEATING FAST. A HEART ATTACK IS CAUSED BY THE BLOOD VESSELS THAT SUPPLY THE HEART WITH NUTRIENTS GETTING BLOCKED. WHEN THOSE BLOOD VESSELS GET BLOCKED THE HEART MUSCLE CELLS START TO DIE AND THAT’S WHAT’S CALLED A HEART ATTACK.

STUDENT: ARE YOU AT A HIGHER RISK OF GETTING LUNG CANCER IF YOU HAVE DIABETES?

AGOUDEMOS: SO THE BIGGEST RISK FOR GETTING LUNG CANCER IS SMOKING. SMOKING CAN ALSO CAUSE DIABETES. SO FREQUENTLY THESE TWO DISEASES ARE FOUND IN THE SAME PERSON. BUT THE MOST IMPORTANT THING TO REALIZE IS THAT SMOKING IS PLAYING A ROLE IN BOTH. WHICH IS WHY IT’S IMPORTANT TO NOT SMOKE.

JOAN CARTAN-HANSEN: SAMANTHA ASKS, HOW CAN WE PREVENT HEART DISEASE?

AGOUDEMOS: IT’S ALL ABOUT A NUTRITIOUS AND HEALTHY DIET AND EXERCISE. DOING BOTH OF THOSE THINGS WILL HELP PREVENT YOU FROM DEVELOPING HEART DISEASE.

(music)