Here’s news all patient with rheumatoid arthritis should hear. RA patients are twice as likely to develop heart problems than the average person. So RA patients need stepped up prevention. Research by Mayo Clinic and others has found that standard heart disease risk assessment tools may underrate the danger a particular person faces. So an international team created a heart disease risk calculator tailored to rheumatoid arthritis. It’s called the Transatlantic Cardiovascular Risk Calculator for Rheumatoid Arthritis. And it can predict chances of developing heart disease within 10 years. Experts say it’s important to know that having RA increases your risk so talk to your doctor about a plan to reduce it.

In other news, seventy-five years ago, on July 4th 1939, baseball legend Lou Gehrig delivered the famous speech bidding farewell to the ballpark and his fans. Two weeks before, Gehrig was diagnosed with amyotrophic lateral sclerosis, or ALS, at Mayo Clinic. He died two years later. Researchers at Mayo continue to search for ways to treat this deadly disease.

Dr. Nathan Staff and his team are using stem cells to hopefully protect those neurons from dying. This clinical research is still new, but the hope is to eventually halt and stop the progression of ALS.

Now – let’s talk about lungs. If you’re told
you have a lung nodule it can be scary because they can be cancerous. But most of the time they’re not. In fact Mayo Clinic experts say lung nodules are pretty common and are often caused by previous infections and usually don’t require treatment. If a lung nodule is new or has changed in size, shape or appearance, your doctor may recommend further testing — such as a CT scan, or tissue biopsy — to determine if it is cancerous.

Vivien Williams

And that’s a look at headlines from the Mayo Clinic News Network, I’m Vivien Williams

B-roll and bite:

Rheumatoid patient playing outside exercising
http://b201d42ce1c6869a8b6b-ddc1377f0b199bd74fa4e5ac0fdb4cb2.r14.cf1.rackcdn.com/7e4327M08-Broll_original.mp4

Images of heart, people exercising (do not show faces)
http://b201d42ce1c6869a8b6b-ddc1377f0b199bd74fa4e5ac0fdb4cb2.r14.cf1.rackcdn.com/7e4327M08-Broll_original.mp4

Heart attack animation
http://b201d42ce1c6869a8b6b-ddc1377f0b199bd74fa4e5ac0fdb4cb2.r14.cf1.rackcdn.com/594e60Heart_Attack_Aimation_H264_HIGH_720_original.mp4

ALS b-roll
http://b201d42ce1c6869a8b6b-ddc1377f0b199bd74fa4e5ac0fdb4cb2.r14.cf1.rackcdn.com/14f154O13-stem-cell-trial-extra-broll-H264-HIGH-720e258e619.mp4

ALS pkg that contains sound bite from Dr. Staff
Lung cancer/nodule screening
http://www.youtube.com/watch?v=40xZdYNfAVA