



---

# Fort Bend County Podcasts

---

## Podcast Episode 64 – Myth Busters Myth versus Fact

June 25, 2026

**\*\*Disclaimer\*\***-Please note, anything that is said in the podcast does not supersede actual plan or program languages, and anyone wishing for specific information in regard to coverage should go directly to the plan documents found under risk management on eConnect.

**Gina:** Get ready to sleuth your way through this week's Benefit Detective Podcast. I'm Gina, your trusty guide, and joining me is my fellow investigative ace, Pat Garner.

**Pat:** Hey, folks. Thrilled to be here today. And let's roll out the red carpet for Dr. Lu's grand return.

**Dr. Lu:** Hello, everyone. Thank you. I've never had a grand welcoming. I appreciate that. It feels so special.

**Gina:** In today's podcast episode, we're shaking things up with a round of Myth Busters Myth versus Fact. Dr. Lu, we'll toss out the myth, and you give us a true or false with a dash of an explanation.

**Dr. Lu:** Alright. Sounds exciting. Let's get started.

**Pat:** Awesome. Time to dive into the game. And, hey, those of you tuning in, join the fun and see if you can match wits with Dr. Lu. So, myth number one: if I feel healthy, I don't need a biometric screening.

**Dr. Lu:** Well, that is a myth. Many health conditions, including high blood pressure, high cholesterol, and prediabetes or diabetes, often have no symptoms. Preventive screenings can detect these conditions early. By definition, screening means to evaluate for diseases or conditions that you are not known to have yet, and so the purpose is to detect them early before they are more severe and cause symptoms. In many cases, by the time you feel symptoms or see any signs of disease, it's already severe and too late or at least much more difficult to treat at that point. Like most things, it's easier to correct and treat a small or mild problem rather than a big or severe problem.

**Pat:** I see. So myth number two: high blood pressure always causes noticeable symptoms.

**Dr. Lu:** False. High blood pressure often has no symptoms at all, even at dangerous levels. By the time you notice any symptoms, it may be too late, such as a heart attack or stroke. Headache and/or blurry vision are probably the most common, more benign symptoms of severely high blood pressure. But, again, oftentimes, even at severe levels, you can have no symptoms at all until it's too late.

**Pat:** Myth number three. My cholesterol is fine because I don't eat fatty foods.

**Dr. Lu:** I would say false or at least not necessarily true. Cholesterol is influenced by multiple factors, including genetics, lifestyle, age, and diet. So it's not just about what you eat or don't eat. Genetics are actually a very big factor. I've seen it both ways. I've seen some people in a normal weight range who



---

# Fort Bend County Podcasts

---

have abnormal cholesterol, and I've seen morbidly obese patients who have perfect numbers. So genetics can definitely play a big role either way.

**Gina:** Myth four. If my numbers were good last year, I don't need to check them again.

**Dr. Lu:** False. Actually, your numbers can change at any time. So regular screenings, such as doing your annual wellness exam with your PCP, your primary care physician, or at least the annual biometric screening program offered by the county is recommended. Health indicators such as blood pressure and cholesterol can change over time, making those regular screenings important.

**Gina:** Myth number five. The HRA is just a question.

**Dr. Lu:** This one is actually true. It's just that simple. The HRA is something that provides personalized insights into health risks and helps identify opportunities for improvement that can be discussed with your PCP.

**Pat:** Okay. Moving on to myth number six. I exercise, so I don't need to worry about my health numbers.

**Dr. Lu:** This one is false. While exercise is important and generally recommended for most patients who do not have contraindications, factors like genetics, stress, sleep, and nutrition also impact health outcomes, and therefore, you should still get your numbers checked.

**Pat:** And myth number seven. HRAs and biometric screenings are the same thing.

**Dr. Lu:** That is false. So the biometric screenings measure objective, measurable physical health data. All the health risk assessments assess lifestyle and risk factors through the questions. Together, they provide a more complete health picture.

**Gina:** Now for a quick lightning round segment. Myth: Coffee causes high blood pressure.

**Dr. Lu:** Sort of true. The caffeine in the coffee may cause a temporary increase, typically maybe a few hours until it wears off, but it does not cause chronic hypertension or chronic high blood pressure in most people.

**Gina:** You need eight glasses of water a day.

**Dr. Lu:** Pretty much true. Hydration needs vary by the individual activity level and environment. But, generally, I would recommend at least 64 ounces of water per day, which is the eight glasses of eight ounce of water per day. And so I also recommend electrolyte replacement drinks if you're spending more than thirty or sixty minutes sweating significantly, such as anyone doing strenuous physical labor or sports outdoors, especially in the summer.

**Gina:** Next myth. Healthy people don't need annual checkups.



---

# Fort Bend County Podcasts

---

**Dr. Lu:** That is false. So preventive care helps detect issues early, often before symptoms appear. So even healthy people should get annual checkups.

**Gina:** And the last myth, BMI tells the whole story.

**Dr. Lu:** False. The body mass index is a screening tool, and it is an approximation. It does not measure or account for the degree of muscle mass or muscle density or the fat distribution. But generally speaking, it is a good approximation.

**Pat:** Wow. What a blast. Did any of you listening manage to crack the code and guess the right answer? Dr. Lu, thank you for joining us today for Myth Busters Myth versus Fact.

**Dr. Lu:** Thank you for having me. Always a pleasure to be here.

**Gina:** And that's a wrap, folks, on this week's thrilling episode of the Benefit Detective Podcast. I'm your host, Gina, signing off.

**Pat:** And I'm Pat. Don't touch that dial because our next podcast episode is just around the corner, so stay tuned.

**Gina:** And remember, the Benefit Detectives are here to help.